



Blackheath Group Exercise

FITNESS, FUN, FRIENDSHIP

Welcome to

BGE News

Issue 28 – Christmas 2018



Christmas timetable 2018

Post Christmas Celebration

Lose it for Life – Danny's weight management course

Think differently

Check out our website for all the up to date information on BGE

www.blackheathgroupexercise.com

or 'like' and follow us on Facebook.



Your feedback is always important; contact Paul on 07976 605598 and tell me what you think.

Christmas Timetable 2018

Classes will continue in December as normal up to – and including – Thursday 20 December 2018.

Tone Up and Shape Up at OneSpace on Thursday 20 December will start at 9.30am and will finish a little early so we can all enjoy some home made mince pies (by Kathrine at OneSpace) and tea/coffee afterwards (feel free to bring along something stronger!).

It's a little thank you from me to you all for your continued support.

Classes will then stop and will start again at St James's Hall on Monday 7 January 2019 at 9.30am.

Please feel free to come festively attired to class on 20 December...or any classes really!!!!

Post Christmas celebration

As everyone seems really tight for time before Christmas, why don't we all go out after Christmas and celebrate surviving the Christmas/new year crazy time?

Let's go out in late January – when we have all let our livers regrow a little!

Thank you to Lauren for suggesting Haven't Stopped Dancing Yet on 8 December 2018. I am sorry I can't attend but there are still tickets available if you (and your friends) want to go.

Let me know what you think and if you have a preference on dates in January, let me know.

Lose it for Life!

Danny will be running his successful 'Lose it for Life' course in January 2019 and is offering 'Early Bird' discounts. The full dates and info are on his website www.dannywallispt.com

If you – or any of your friends – are looking for a way to lose body fat, change your habits and keep the weight loss off then this is the course for you.

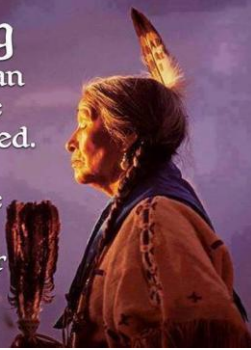


Remember when people had diaries and got mad when someone read them?
Now they put everything online and get mad when people don't.



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Healing
doesn't mean
the damage
never existed.
It means
the damage
no longer
controls our
lives.



**5 DEADLY
TERMS USED
BY A WOMAN**

1. **FINE:** This is the word women use to end an argument when she knows she is right and you need to shut up.
2. **NOTHING:** means something & you need to be worried.
3. **GO AHEAD:** This is a dare, not permission, do not do it.
4. **WHATEVER:** A woman's way of saying screw you.
5. **THAT'S OKAY:** She is thinking long and hard on how and when you will pay for your mistake.

BONUS WORD: WOW!
THIS IS NOT A COMPLIMENT SHE'S AMAZED
THAT ONE PERSON COULD BE SO STUPID.

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Dear Santa,
I've been good
all year.
Most of the time.
Once in a while.
Never mind,
I'll buy my own stuff.

www.99designs.com

At the end of the day
what really matters is
that your loved ones
are well, you've done
your best and that
you're thankful for
all you have.



PositiveOutlooks



Never be a
prisoner of your
past,
it was just
a lesson, not a life
sentence.

**My stomach is FLAT.
The L is just silent.**

**Q: Why are married
women heavier than
single women?**

**A: Single women come
home, see what's in the
fridge and go to bed.
Married women come
home, see what's in bed
and go to the fridge.**

SHARE if it made you LAUGH!

I WISH
EVERYTHING
WAS AS
EASY AS
GETTING
FAT

BRIGHTVIBES
WHEN YOU CAN'T
CONTROL WHAT'S
HAPPENING,
CHALLENGE YOURSELF
TO CONTROL THE WAY
YOU RESPOND TO
WHAT'S HAPPENING.
THAT'S WHERE THE
POWER IS.

**THINK
DIFFERENTLY...**