



# Blackheath Group Exercise

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**Welcome to**

## **BGE News!**

**Issue 4 1/2 – Flood at OneSpace  
update issue**

**New Monday Morning Venue – St  
James' Church Hall**

**New Thursday Morning Venue –  
Halton Court Village Hall**

**Thursday 21/11 – what's  
happening?**

**December Aerobathon – oh yes it  
is!!!**

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

[www.blackheathgroupexercise.com](http://www.blackheathgroupexercise.com)

**or find us on Facebook.**



**Your feedback is always important  
to us and we want you to tell us  
what you think.**

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Thanks to everyone for their messages of support for OneSpace. As you know, there was a massive flood from a water main burst on Tuesday night. The building will be out of action for a while.

We would like to thank Paul Franklin for his help in finding us new venues for the classes. Despite his troubles, he was really worried that we find a new venue for our workouts. We are really grateful for his concern and help.

Thanks also to Grace Waring for her tireless help and numerous emails and messages. Without her help we would not have our Monday morning venue. Speaking of which...

### **Monday Morning...St James' Church Hall**

From **Monday, 18 November**, Total Body Workout will be held at St James' Church Hall, Kidbrooke Park Road. It is opposite the BP garage between the A2 and Thomas Tallis. The map below has more details.

We are really grateful to Canon Kim Hitch for letting us use the hall as such short notice. His support is greatly appreciated. There is parking at the hall and in the surrounding streets.

Please bring your mats and weights (and water) as BGE will not be able to provide them as we have no storage space. An extra fleece will be needed as the weather has turned and you will cool down very quickly after class.

### **Thursday Morning...Halton Court Village Hall**

We have found a new venue for Thursday mornings starting **28 November**. Halton Court Village Hall is part of the new complex of developments just off of Weigall Road and 2 minutes from OneSpace.

There is room for over 40 people in the hall, there are toilets and limited changing facilities. Halton Court is a new development with

great facilities including a restaurant/coffee area. So please feel free to stay after class.

We will be running the 09.30 Tone Up and Shape Up class. At the moment, we have had to postpone Core and Flexibility but we hope you will bear with us while we sort out the new venues.

To get to Halton Court from Kidboorke Park Road, turn into Weigall Road and drive past David Lloyd. Turn right into Moorecroft Road and head towards the primary school. Before you get there, turn right into Ensign Road. Halton Court is the big development straight in front of you. Follow the road around to the left. The Village Hall is on your right and is part of the development. Come into the building, the concierge will be straight ahead of you and the hall is immediately on your right. You can park on Ensign Road and there is somewhere for bike parking.

Again, we do not have any storage facilities so will not have any mats or weights with us. Please bring your equipment and water with you.

Please bear with us while we settle into the new premises. We anticipate being there until January at the earliest and we really appreciate your support and patience.

## **What about Thursday, 21 November, Paul?..**

Paul is planning a class on Thursday, 21 November, but doesn't have a venue!

As a result, please meet at All Saints Church on The Heath at 09.30. We will have a class outside and let's all be butch about it; even if the weather is rubbish, we can have a workout in the fresh air. Please bring appropriate footwear and clothing and be prepared for any weather.

Don't worry about mats, just bring yourself and Paul asks that if you can guarantee good weather that day, he will love you forever!!!!

## **December Aerobathon...oh yes it is!**

We are still planning on doing the aerobathon on 5 December. We have yet to speak to Halton Court, Sue and Lauren but, as far as BGE is concerned, there will be an aerobathon that day. We may have to change the format and times slightly but will do what we can to make sure that it happens.

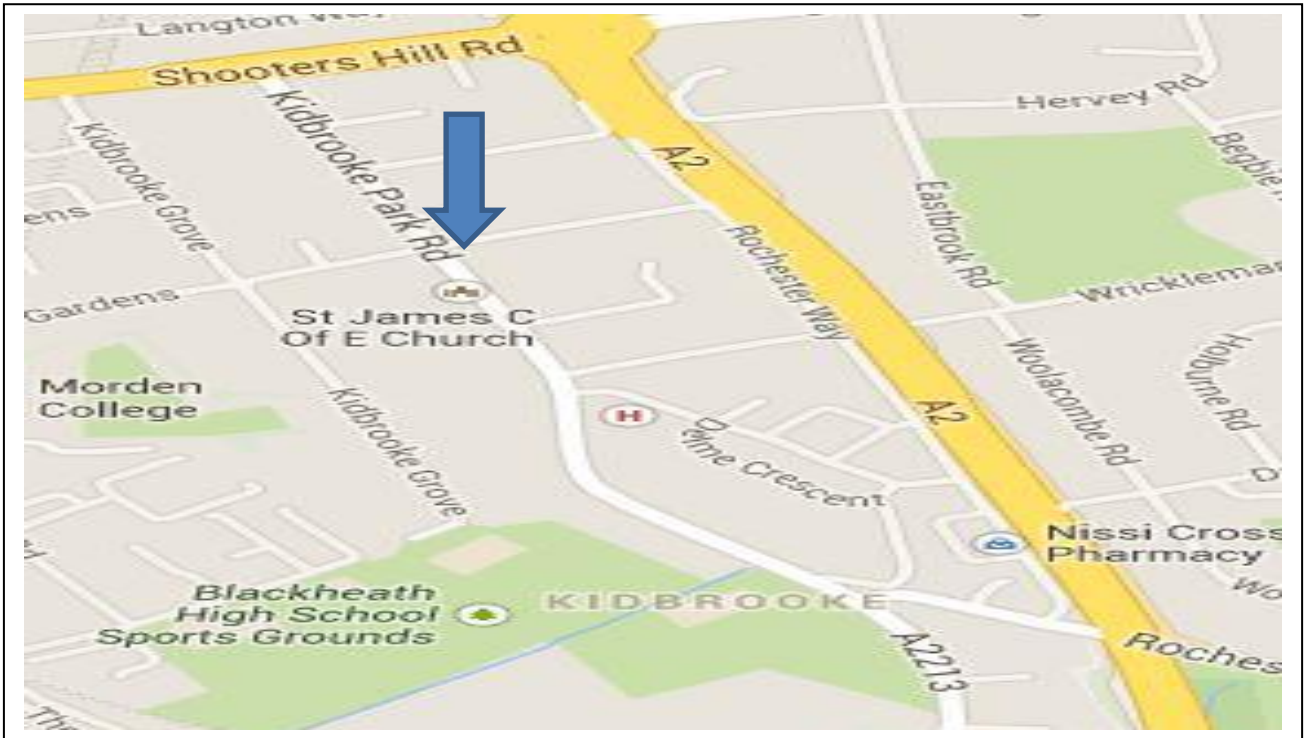
Paul will be speaking to Lauren and Sue over the next few days but, in view of the work we have to do in arranging the new venues, please be patient with us and give us a day or two.

Thank you again to everyone for your patience and understanding while we sort out the new venues. We know that it is a very traumatic time for everyone in OneSpace and our thoughts go out to everyone there.

Yours in fun, fitness and friendship

Danny, Gina and Paul.

### Map to St James' Church Hall



### Map to Halton Court Village Hall

