



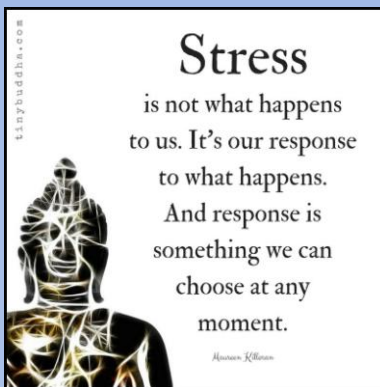
Blackheath Group Exercise

FITNESS, FUN, FRIENDSHIP

Welcome to

BGE News

Issue 26 – March/April 2018



Change of venue – Thursday's Class

Easter/Bank Holiday cancellations

Price increase confirmation

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.

Change of venue – Thursday's Tone Up and Shape Up

With effect from **Thursday 5 April 2018**, Thursday's Tone Up and Shape Up will be moving back to OneSpace. The class will still be at 9.30am. Until then, the class will be at Adappt, Unit 8 Leigate.

Unfortunately, I have had to cancel Zumba (on a Tuesday at 9.30am) and Yoga Fusion (on a Thursday at 11am) for the time being. I am talking to Lauren and Leanne about bringing the classes back in the future but, for the time being, they have had to be cancelled.

I am not sure if the cafe at OneSpace will be open from 9am when we return to OneSpace. If it isn't, and you want to meet up with your friends before class, there is a coffee shop near Kidbrooke Station. It's a short walk from OneSpace's car park and the coffee is really nice there too!

I am sorry to move the class around but Adappt is lucky to have Julie Van Leer running her pilates business from Unit 8 and I am sure you join me in wishing Julie good luck with her move.

Thank you for coming to Unit 8 for the last few months; I really appreciate your support. Monday's class is not affected in any way by this move!

Easter/Bank Holiday class cancellations

With Easter coming up, and the May bank holidays, there will be a number of Mondays that Total Body Workout will not be running. There will be **NO CLASS** on the following dates:

Monday 2nd April

Monday 16th April

Monday 7th May

Monday 28th May

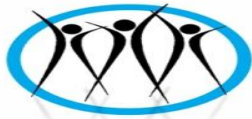
All other classes will be running as normal.

Price increase from February 2018

As you are aware, I put up the prices in February 2018. Some people are still not sure what the prices are for the classes; please see the table below for all the prices.

If you are paying by standing order, please could you check your bank account and amend your payments accordingly...thank you.

	Old Price	New Price
Pay as you go	£7.50 per class	£8.50 per class
1 Class Discount – Monday class	£18.00 per month	£20.00 per month
1 Class Discount – Thursday class	£20.00 per month	£22.00 per month
Double Discount	£35.00 per month	£37.50 per month



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To BE KIND is MORE important than to be right. Many times, what people need is NOT a brilliant mind that speaks but a SPECIAL HEART that LISTENS

I STRESS ABOUT STRESS BEFORE THERE'S EVEN STRESS TO STRESS ABOUT. THEN I STRESS ABOUT STRESSING OVER STRESS THAT DOESN'T NEED TO BE STRESSED ABOUT. IT'S STRESSFUL.

COUNTRYREBEL.COM

Sad news from the Nestlé factory today. A worker was crushed beneath a case of chocolate that fell 20 feet off the storage racking. He called for help repeatedly but every time he shouted "The Milky Bars are on me" his colleagues cheered.

It takes real skill to choke on air, fall up stairs and trip over completely nothing. I have that skill....



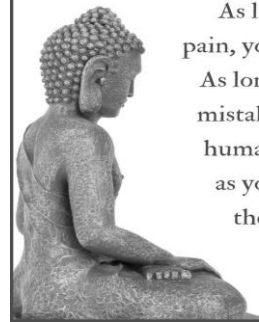
I HATE THAT PART OF THE MORNING WHERE I HAVE TO GET OUT OF BED AND PARTICIPATE IN REAL LIFE.

THINK

DIFFERENTLY...

12 STEPS TO SELF CARE

1. If it feels wrong, don't do it.
2. Say exactly what you mean.
3. Don't be a people pleaser.
4. Trust your instincts.
5. Never speak bad about yourself.
6. Never give up on your dreams.
7. Don't be afraid to say no.
8. Don't be afraid to say yes.
9. Be kind to yourself.
10. Let go of what you can't control.
11. Stay away from drama and negativity.
12. Love.



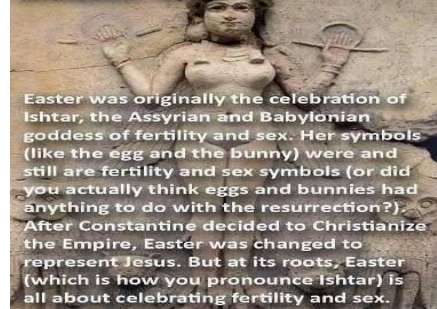
As long as you feel pain, you're still alive. As long as you make mistakes, you're still human. And as long as you keep trying, there's still hope.

tinybuddha.com

You will continue to suffer if you have an emotional reaction to everything that is said to you. True power is sitting back & observing everything with logic. True power is restraint. If words control you that means everyone else can control you. Breathe and allow things to pass.



This is Ishtar: pronounced "Easter"



Easter was originally the celebration of Ishtar, the Assyrian and Babylonian goddess of fertility and sex. Her symbols (like the egg and the bunny) were and still are fertility and sex symbols (or did you actually think eggs and bunnies had anything to do with the resurrection?). After Constantine decided to Christianize the Empire, Easter was changed to represent Jesus. But at its roots, Easter (which is how you pronounce Ishtar) is all about celebrating fertility and sex.

I FEEL LIKE WATER SOLVES ALL PROBLEMS. WANNA LOSE WEIGHT? DRINK WATER. CLEAR FACE? DRINK WATER. TIRED OF YOUR MAN? DROWN HIM.

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