

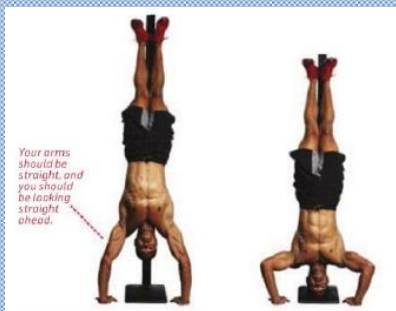


Blackheath Group Exercise

Welcome to

BGE News!

Issue 4 – November 2013 (How many weeks til Christmas?)



(Danny showing how to do handstand press-ups...not really!)

Aerobathon – a date for your diary

December opening

Thomas Tallis and mats

Monday class – instructor change!

Exercises of the month

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

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.

Welcome to November's BGE News...the newsletter for everyone (and their friends) who comes to any of Blackheath Group Exercise classes.

December aerobathon 5/12/13...

Please come and join us for a pre-Christmas aerobathon in aid of two fantastic local charities on Thursday, 5 December from 09.30 at OneSpace.

Three classes of 30 minutes each, consisting of an aerobics session, a body conditioning session and a further session to be decided (any requests?).

You can support the aerobathon in two ways:

- Donate on the day - we are asking for a minimum donation of £5 for the classes or whatever you would like to give on the day
- Unwanted presents – suitable for young children (primary school age) which will be given to a local schools.
- ...or both!

Greenwich YFC is a mentoring charity run by Lauren Crisp-Hihn, a regular supporter of BGE and attendee of Paul's Thursday class.

Based at OneSpace, the charity supports children and young adults of all ages when they need support and the mentor supports them for as long as they are needed. Check out the website www.greenwichyfc.org.uk for more information.

All Saints' Primary School is looking for help following a fire in June 2013. Whilst the initial damage has been repaired, the school are looking to redecorate and streamline storage to make the school environment reflect the outstanding school that it is.

Sue Heath is one of the school governors and has been a great supporter of BGE. We welcome the opportunity of helping to raise funds for a great, local school and to support Sue.

All funds raised at the aerobathon will be split between the two charities and anything you are able to give will go to two, fantastic and local good causes. Your help is really appreciated and thank you in advance for anything you are able to donate.

December opening...



Over the Christmas holidays, both OneSpace and Thomas Tallis will be closed. Whilst we are waiting for definite dates, we will take the opportunity have a break!

The last class at OneSpace will be Thursday, 19 December 2013; the last classes at Thomas Tallis will be Saturday, 21 December 2013.

The first class after the Christmas holidays at OneSpace will be Monday, 6 January 2014 at 09:30 and Gina will be covering. The first class back at Thomas Tallis will also be Monday, 6 January 2014 at 19:30; Gina will put you through your paces with her Boxing Circuit.

Thomas Tallis and the mats!..

Thomas Tallis is no longer supplying mats in the studios.

As a result, please can you bring your own mats with you when you come on a Monday or a Saturday? The classes will still be as challenging as ever but you will need to have a mat with you.

We have put a link on our facebook page to the Sports Direct website as they have some great mats at really good prices. Check out the BGE facebook page or the website www.blackheathgroupexercise.com for more information. Thank you.

Monday morning class at OneSpace...

Some of you may know that Gina has given up the Monday morning class and Paul has taken over for the time being.

“I am hoping to build on the great work that Gina did with the class” says Paul. “ I plan on keeping the workouts challenging but different from the Thursday class. So if you want a couple of workouts with me during the week, please come along.”

Paul will be covering til January and we are looking to get a new instructor to start in January. If you know any local instructors who are looking for extra work, please let Gina, Danny or Paul know.

Check out the website www.blackheathgroupexercise.com for more information.

Every month we thought we would give you a lower body exercise, an upper body exercise and a core exercise that you could focus on and do when we aren't around. You can print this page off and use it to remind you what to do.

- Split Lunge Jumps (3 x 20 jumps)
- Shoulder Press (3 x 15 light weight or 3 x 8 heavy weight)
- Alternating Arm/Leg lift (3 x 20 lifts)



Split Lunge Jumps:

There are loads of teaching points but:

- Start with feet shoulder width apart and one forward/one back
 - Lower towards the floor(keep upright with your body)
 - Drive upwards and change legs in the air
 - Land softly and then lift and change again
- You will work your:
- Quads, Hamstrings, glutes, back

Lateral Raises:

There are loads of teaching points but:

- Stand (or sit) tall with stomach and back muscles engaged
- Keeping elbows wide lift weights sideways towards ceiling
- Keep the elbows 'soft' at the top of the move and imagine your wrist and watch facing the ceiling

You will work your:

- Shoulders (front, middle and back), abs, back



Alternating Arm and Leg Lift:

There are loads of teaching points but:

- Lay on your front; hands in front of your head (picture)
- Keep belly button tight to spine and chest slightly lifted
- As you lift one arm up, lift the opposite leg
- Lower and then lift the other arm and leg – keep body very still

You will work your:

- Lower back, upper back and spine, sides and core

