



Blackheath Group Exercise

Welcome to

BGE News!

**Issue 2 – WHERE'S THE SUMMER
GONE ISSUE?**



**(Paul praying for the summer to
continue!)**

Stay connected

OneSpace Café now open

Class changes in September

Important changes to memberships

Your feedback is needed!

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

Stay connected and...



Like us on
Facebook

Did you know that we have a website and a facebook page?

We want to stay in touch with you and make it as easy as possible for you to talk to us...and vice versa.

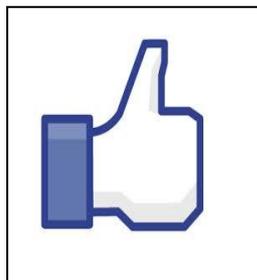
We know not all of us like social media but we are all connected one way or another. We would like to let you have up to date information and, if anything is happening (both good and bad), let you know as soon as possible.

Please log into facebook and have a look for Blackheath Group Exercise. Alternatively, click on this link:

<https://www.facebook.com/blackheathgroupexercise?ref=hl>

By pressing the 'like' button, we can let you know what is going on and keep you up to speed with all the things happening within BGE.

We also want to send tweets and also update the website...but not many are looking or listening at the moment! So, come on, we know that you like us in class, so why not 'like' us on facebook too!



OneSpace Café - open for business!

We are pleased to say that there will be a café open at OneSpace when you come. After the Café of Good Hope closed, the team at OneSpace have put together another coffee shop for you to use before and after class. Please check out their website for more information.

Holiday cover...

Gina is away at the beginning of September. Her classes will be covered as follows:

- Total Body Workout at 9.30am at OneSpace on 2/9 and 11/9 will be covered by Paul
- Boxing Circuit and Fab Abs, starting at 7pm at Thomas Tallis on 2/9 and 11/9 will be covered by Rebecca (thanks for stepping in, Rebecca, and helping us all out - we really appreciate it).

Important changes to memberships...

Did you know that there are a range of memberships open to you?

If you are already an All Access member, you know the benefit of just showing up to the classes of your choice and not having to worry about cash or paying or finding change.

But what if you only want to do one class with us...what if you don't want to do all of them but just want to do your favourite class every week?

We would like to introduce a new type of membership.



Instead of the block booking discount, you pay a monthly standing order of:

- £20 per month for one standard class of your choice or
- £35 per month for one premium class of your choice

You set up your standing order for the 1st of each month and then do not have to worry about bringing cash with you again or worrying about having to pay as you go...you have already paid!

Effectively, you are saving money over the year and you are still allowing yourself to skip a couple of classes every now and then...but not too often.

Here are all the options we will be offering so you can choose the right one for you:

<p>All ACCESS MEMBERSHIP</p> <p>£45 per Month for all classes</p> <p>BEST VALUE OPTION</p>	<p>1 CLASS MEMBERSHIP</p> <p>£20 per Month for a Standard Class of your choice</p> <p>£35 per Month for a Premium Class of your choice</p> <p>BEST FOR SINGLE CLASS USERS</p>	<p>PAY AS YOU GO</p> <p>£5 per Standard Class £10 per Premium Class</p> <p>BEST FOR CASUAL USERS</p>
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If you have any other suggestions, we would love to hear them (keep them clean). Your feedback on this is vital and we would like your thoughts please. Speaking of which...

Your feedback is needed!



Don't forget, we can't do this without you so please let us know what we can do to make BGE the best exercise club in the local area. As well as the website and facebook, as part of the BGE club, you have your own special form to give us feedback. Please click on the link below:

<http://www.blackheathgroupexercise.com/customer-feedback.html>

If that doesn't work, please copy and paste the link into your web browser and launch it from there. Why not save the link into the favourites on your home page? That way, its only one click away at anytime!

Thanks to everyone who read the last newsletter and for letting us know what you think. Some of the suggestions were:

- Q&A section (but we need some questions from you for that)
- Things going on in the area (please let us know what you are up to)
- Exciting things to do with the kids (we either don't have any or they are now grown up...so let us know what you are doing with your kids and please don't make us report you to social services!)
- Top exercise tips (we can do that)
- Top food tips (we can to that too and will add that next issue)



Blackheath Group Exercise

Exercises of the month...

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.

Did you know that as soon as you sit down, your muscle activity in your body drops to almost nothing...that means sitting down stops you burning calories! So by just walking around whilst on the phone or chatting, you are at least keeping your muscles firing. Anyway, that's not the exercises! They are...

- Lunges for the legs (3 x 20 on each leg)
- Pressups for the upper body (3 x 20) and
- Plank for the core (3 x 90secs hold)



LUNGES:

There are loads of teaching points but:

- Stand tall all the time
- Step back on to the ball of your foot
- Drop straight down (stay upright)
- Bring your leg back up to stand (or to balance on one leg)

You will work your:

- Hamstrings, glutes, quads, abs, back, waist and heart & lungs if you do enough!

Press ups:

There are loads of teaching points but:

- Engage your core at all times (think of it as a plank with moving arms)
- Breath out as you push up
- Full press ups are always good!

You will work your:

- Chest, shoulders (front, middle and back), biceps and triceps, abs, back



Plank:

There are loads of teaching points but:

- Bring your belly button to your spine
- Keep breathing
- Hold for at least 60 seconds

You will work your:

- Abs
- Back
- Sides

