



Blackheath Group Exercise

Welcome to

BGE News

Issue 15.5 – Christmas 2015 special issue

LIFE IS TOO SHORT
TO BE SERIOUS ALL
THE TIME.
SO, IF YOU CAN'T
LAUGH AT YOURSELF,
CALL ME...I'LL
LAUGH AT YOU.

BGE Aerobathon – over £300 raised so far!

Greenwich YFC Raffle winner

Christmas Timetable

Think differently

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

BGE Aerobathon – thank you so much!



Some of the regulars of Thursday's TU&SU class got together on 10/12/15 at OneSpace to raise money for Breast Cancer Research.

The pink theme was adopted by all (not everyone was successful Paul Folan – but at least you tried). Lauren delivered a great Zumba section and Sophie's Pilates section was really challenging and fantastic.

With additional donations from OneSpace and others, we have raised over £300 so far and more money is coming in all the time.

Thank you to everyone for taking the time to join in, for your support and enthusiasm on the day and for your really kind donations.

Christmas Timetable 2015



The holiday season is rapidly approaching. BGE will be delivering a full timetable until 12 December 2015. There has been one change to our previous newsletter –

*****SATURDAY 19/12/15 ULTIMATE BOXERCISE WILL BE ON BLACKHEATH**

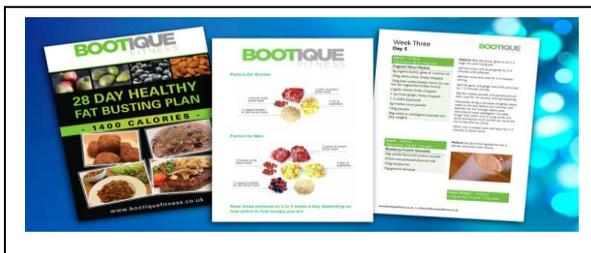
NEAR THE HARE AND BILLET PUB***

Park in Hare and Billet Road and meet Danny at 2pm on The Heath for a Christmas outdoor workout. Thomas Tallis is closed – so please don't go there!

Class name	Day and Time	Last class before Christmas	First class in 2016
Total Body Workout	Monday 09:30	21 December 2015	11 January 2016
Boxing Circuit	Monday 19:00	14 December 2015	11 January 2016
Core Fusion	Wednesday 19:00	16 December 2015	13 January 2016
Tone Up and Shape Up	Thursday 09:30	17 December 2015	14 January 2016
Ultimate Boxercise	Saturday 14:00	19 December 2015***	9 January 2016

Please look at the website www.blackheathgroupexercise.com for full information.

Raffle for Greenwich YFC – well done Pauline



Well done Pauline (TBW member) for winning Sharon's recipe book and healthy eating plan.

With your help, BGE raised £50 in aid of Greenwich YFC, a local charity helping local young people and run by AA Member Lauren Crisp-Hihn.

Thanks also to Sharon for the kind donation of the books.

If you want a copy, Paul has a couple of each books available for £12.50 each or you can order direct from Sharon Jones (either eBook download or hardback copies) on

www.bootiquefitness.co.uk

Congratulations to Pauline and enjoy!



A small donation!
Well Done Pink Ladies (a foul
- a pink lady in spirit)
I am also a pink lady
due to radiation burn!
Sorry I can't be with you
Go Girls
Much Love Helen X

A message from Helen Kelly in support of BGE's Aerobathon



Sometimes I get ROAD RAGE walking behind people at the grocery store

Holiday To-Do's
Be
1. Buy presentx
2. Wrap giftx in a hug.
3. Send giftx. Peace
4. Shop for food. Donate
5. Make cookies LOVE
6. See the lightx



SOMETIMES, I JUST WANT SOMEONE TO HUG ME AND SAY, "I KNOW IT'S HARD. YOU'RE GOING TO BE OKAY. HERE IS CHOCOLATE AND 3 MILLION DOLLARS."

You are under no obligation to be the same person you were a year, month, or even 15 minutes ago. You have the right to grow. No apologies.

worrying won't stop the bad stuff from happening it just stops you from enjoying the good.



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

Dear Santa,
I already have everything I could possibly wish for this year. Got my family, good friends and LOVE. Please take care of those who need you. THANK YOU!! XX

fb/david avocado wolfe



BAD NEWS IS:

You cannot make people like, love, understand, validate, accept or be nice to you.
You can't control them either.

GOOD NEWS IS:

It doesn't matter.



Instead of calling it the John, I'm going to start calling my bathroom the "Jim". That way I can say I go to the Jim every morning.

THINK DIFFERENTLY...