

Hello All

Some great work recently as everyone becomes familiar with the movements and we start to make the routines a little stronger and more complex. I will be introducing a new warm up this week and some apparatus ahead of November to encourage focus and quality of movement. I look forward to seeing you all on Wednesday!

Lindsey



MEMBERS' DAY
9TH March 2019

Mandaleigh
Studios



**OFFER – Bring a
Friend for Free!**



MEMBERSHIP

A Date for Your Diary



A southern region members' day is taking place in Newbury on Saturday 9th March 2019. These vibrant and sociable gatherings provide a great opportunity to participate in really big classes with very experienced teachers. The cost is £10 which includes all the classes (you can join in as many or as few as you like) plus tea, coffee and homemade cakes. More details to follow nearer the time but you are sure to enjoy yourself so please consider coming along if you can.

Update on FLEXercise in Fareham



Since starting in the summer I am really grateful to have had such loyal participants but the numbers do remain low. I've taken the difficult decision to discontinue the Tue evening class and focus on growing the Wed morning class. Word of mouth and online reviews are what really influence people so if you can spread the word, either in person or on Facebook, this could make all the difference. We need at least 9 people per class to make it viable, ideally growing to 15-20 over the next 12 months. I remain optimistic and very much appreciate your ongoing support for the class.

Bring a Friend Along for Free



If you would like to invite a friend, relative, colleague or neighbour to benefit from our classes, print off the voucher on the Prices and Offers page of the website and bring them along for free. Not only will they feel better and get fitter but it is proven that exercising with another person encourages both of you to keep it up. Win win!

Membership

FLEXercise is a membership organisation and, if you are enjoying your classes and can see them benefiting you in the long term, I hope you will consider joining. Membership for Fareham participants is just £15 until Sep 2019. You will receive a membership card, biannual magazines, regional and national information and booking priority/competitive rates for FLEXercise events. Above all, you will be supporting the ongoing work of FLEXercise in improving quality of life, and joining an organisation with the momentum to keep you moving for years to come. Download a form from the website or collect one at class if you feel you would like to join as a member 😊

