

Hi I would like to take this opportunity as we come towards the end of 2016, to express my sincere thanks to all of you, our amazing clients, that have come along to one or many of the classes we have had on offer this year. Your continued support of our classes is really appreciated and it has been a top year for new clients trying out different class styles and teachers.

Clubbercise on a Wednesday evening has grown in strength and has a fierce following with Jo Gillett. Likewise when we changed the Monday morning class from Cardio Blast to Clubbercise with Amy Renne Ross, it was embraced wholeheartedly by the girls at Trinity, we now rave every Monday morning with a crèche for pre school babies / toddlers.

In **The Crèche**, Emma left us to concentrate on her other roll in Green Clean, a big thank you to her goes out to her. We welcomed Debbie who joined us in the summer months. Lucy produced a beautiful baby boy Samuel and returned to the Crèche in record time, what a Super Mummy. A special thank you to Annie and Lisa who have helped us out with cover during the year.

Piyo News. Katy will be going into hospital in December to have an operation, This means she will be out of action for a good few months as she recovers and then has physiotherapy. Until she makes a full recovery I'm afraid the PiYo classes will close until around April. You can keep posted re classes starting again via my Exercisewithsallyguise facebook page.

(Clubbercise on a Monday ?)

This leaves a space on a Monday evening at Trinity church 7.30pm till 8.30pm we are thinking of putting on Clubbercise with Jo Gillett. Please would you give us feedback if you would like us to organise this by texting me on 07855534631 the people who vote for a monday Clubbercise class will help us decide whether it's viable to run this class twice a week.

The brand new concept in Group Exercise has now LAUNCHED!

The BrainFit Workout™ is a 45 minute movement and meditation workout.

30 Minutes of mindful movement and breathing followed by a 15 minute guided meditation section.

We are recognising that super hard core intense workouts are not the only way to go to relieve stress, lower cortisol and feel happy.

Adopting a mindful approach to Group Exercise coupled with a guided meditation is so refreshing, revitalising and invigorating.

Regular mindfulness practice, through simple repetitive movement, affirmations and meditation, is an effective treatment for stress, worry, lack of focus, anxiety, and well being.

It leads to peace of mind, clarity, greater focus and creativity and a happier life.

I am going to run a free taster session of this class on Monday the 9th of January if you would be interested and would like to try out this 45min class and would like me to reserve you a mat space, please text me on 07855534631.

Christmas Afternoon Tea

Wednesday 14th of December 2pm till 4pm at Trinity Church Upminster.

I hold this event every year just to say thank you to my clients for their support and loyalty.

It's a fun afternoon, very casual meet and greet, free drinks tea, coffee mulled wine and a few nibbles.

Please add you name to the list if you can make it so I have an idea of the amount of people to cater for.

We said farewell to Megan O'Neill on a Thursday evening's LBT class after many years of loyal service.

Megan still teaches Zumba on a Monday evening. Amy kindly stood in for a while until we welcomed Maxine Louise Smith to our fantastic team of teachers.

I think you will agree we have some awesome, inspiring teachers working for us now and I'm sure you would like to join me in thanking them for all the great classes they have delivered in 2016.

Please don't hesitate to give us feed back if you are happy or unhappy with the service.

It's a pleasure to teach you all.

I am excited to be launching **BrainFit** and look forward to another exciting year in 2017.

Happy Christmas and a fit and healthy new year to you and your Families

Sally

Megan, Amy, Katy, Jo, Maxine, Lucy & Debbie

x x x x