

## Forever Active Monthly Member Newsletter – DECEMBER 2017

**Christmas Class Closures** are listed below and available to view at [www.forever-active.org.uk](http://www.forever-active.org.uk) under classes. If your class is stopping for the festive season and you wish to attend an alternative class, please use the list below to see what other classes are closed. All instructor contacts are available in the brochure and on the website under class list.

**Chesterton Sports Centre is closed from 23<sup>rd</sup> Dec to 4<sup>th</sup> Jan**

**Cheryl Bishop:** Last class 11th December, return 8<sup>th</sup> January

**Hannah Black:** Last class 8<sup>th</sup> December, return 5<sup>th</sup> January

**Margaret Philips:** Last class 18<sup>th</sup> December, return 8<sup>th</sup> January

**Davina Mee:** Last classes run week beginning 18<sup>th</sup> December, return week beginning 8<sup>th</sup> January

**Anne Catchpole:** Last Foxton Strength & Balance and FitSteps class Tuesday 12th December, return 9th January. Last Fulbourn Strength & Balance 8th December, return 5th January

**Julia Cragie:** Last classes run week beginning 18<sup>th</sup> December, return week beginning 8<sup>th</sup> January

**James Dunham:** Last class 21<sup>st</sup> December, return 4<sup>th</sup> January

**Vikki Green:** Last class 19<sup>th</sup> December, return 2<sup>nd</sup> January

**Becky Adams:** Last class at Chatteris 15<sup>th</sup> December / Last class at Doddington 8<sup>th</sup> December, both return 5<sup>th</sup> January

**Ann & Diane:** Last class 19<sup>th</sup> December, return 9<sup>th</sup> January

**Chenay Kelly:** Last Abbey Pool aqua class 15<sup>th</sup> December, return 19<sup>th</sup> Jan 2018

**Ines Byrne:** Away Saturday 17<sup>th</sup> December until Friday 29<sup>th</sup> December.

The following classes will be covered by a Forever Active instructor

December 18<sup>th</sup> at 11:30am, Pilates class at Trumpington pavilion - Clare Strongman

December 19<sup>th</sup> at 1:30pm, Pilates class at Chesterton Sport Centre - Aurora Albano

20<sup>th</sup> December at 2.00pm, Aqua Aerobics at Chesterton Sports Centre - Chenay Kelly

The following will be cancelled:

Monday 18<sup>th</sup> December, 12:35pm Pilates class at Trumpington pavilion

Wednesday 20<sup>th</sup> December, 11:30am Pilates at St. Andrews Hall (Cherry Hinton)

Ines will return to classes 3<sup>rd</sup> January

**Clare Strongman:** Last classes run week beginning 11<sup>th</sup> December, return week beginning 8<sup>th</sup> January

**Aurora Albano:** Last classes run week beginning 20<sup>th</sup> December, return week beginning 8<sup>th</sup> Jan

**Sabrina Marengi:** Last classes run week beginning 18<sup>th</sup> December, return week beginning 2<sup>nd</sup> January

**Rosanna Dillon:** Last Lichfield hall class 20<sup>th</sup> December, return 3<sup>rd</sup> January. Last Queen Edith class 21<sup>st</sup> December, return 4<sup>th</sup> January

**Marlene Sharpe-Westwood:** Last classes run week beginning 18th December, return week beginning 2<sup>nd</sup> January

**Mike Tabrett:** Last classes run week beginning 11<sup>th</sup> December, return week beginning 2<sup>nd</sup> January

We would like to send our warmest wishes to Jenny James who has unfortunately slipped down her stairs this week and is currently receiving treatment in hospital. Jenny teaches a weekly Strength and Balance class at the Meadows Centre and we would like to wish her a speedy recovery. We would also like to encourage all of our members to take extra care and stay safe over the busy festive season.

Finally, if becoming a volunteer is something you have been thinking about then please consider helping Forever Active. There are busy times of the year when extra help is gratefully received to assist with regular weekly and monthly jobs. We look forward to hearing from you.

*It just leaves us to wish you a very Merry Christmas and a happy New Year from the Forever Active Team*

**Please note: You have received this email if you are a member or partner organisation of Forever Active. If you would prefer not to receive a monthly newsletter please email your details to: [enquiries@forever-active.org.uk](mailto:enquiries@forever-active.org.uk)**

(Please print this out for a member if you know that they do not have access to email)