

## Forever Active Monthly Member Newsletter – JULY 2018

Welcome to the latest newsletter from the Forever Active team. It seems only 2 minutes ago that we were talking about the cold weather and here we are experiencing possibly one of the hottest summers on record. Do ensure that you drink some water during and after your classes to help keep you hydrated.

It is a busy time of year for everyone working behind the scenes at Forever Active with membership renewals, the production of the 2018/19 brochure and gathering information for our annual survey.

A separate email will be sent to you with a new membership form. Hard copies of the form will also be available from your instructor during August and September.

In advance of our AGM on 22<sup>nd</sup> November (venue to be confirmed) and to help us produce our annual report we would really appreciate 5 minutes of your time to complete a survey by clicking on the link below. Hard copies will also be available via your instructor during August and September.

[Click here to complete our annual survey](#)

Below is a list of class closures during the holiday season. An up to date list can also be found on the Forever Active website [www.forever-active.org.uk](http://www.forever-active.org.uk)

**Julia Cragie** – last class 24<sup>th</sup> August, return 3<sup>rd</sup> September

**Sabrina** – last class 13<sup>th</sup> July, return 30<sup>th</sup> July

**Davina Mee** – last class 8<sup>th</sup> August, return 3<sup>rd</sup> September

**Rosanna Dillon** – last class 13<sup>th</sup> September, return 3<sup>rd</sup> October

**Aurora Albano** – Chesterton Monday Pilates covered by Salvina Myson June to August with exception of no class on 13/8. Chesterton Tuesday Pilates – Ines covering until 17<sup>th</sup> July (Aurora returns 4<sup>th</sup> September).

**Margaret Philips** - Line dancing – now closed and start again 17<sup>th</sup> Sept

**Ines** – last classes until 13<sup>th</sup> July, return 3<sup>rd</sup> September with exceptions below:

Tuesday Chesterton Pilates – Sabrina covering apart from 7<sup>th</sup> and 14<sup>th</sup> August

**Vikki Green** – no S&B class Newnham Scout Hut 3<sup>rd</sup> July (moving to St Marks 24<sup>th</sup> July to 31<sup>st</sup> August)

**Clare Strongman** – last Rampton class 20<sup>th</sup> July, return 3<sup>rd</sup> September / no Girton S&B 2<sup>nd</sup> – 30<sup>th</sup> August

**Becky Adams** – last class 3<sup>rd</sup> August, return 13<sup>th</sup> August

**Anne Catchpole** – last class 24<sup>th</sup> August, return 10<sup>th</sup> September

**Hannah Black** – last class 20<sup>th</sup> July, return 31<sup>st</sup> August

**Mike Tabrett** – Gt Shelford (Monday pm)- 30<sup>th</sup> July will be taught by Fara; no class 3<sup>rd</sup> and 10<sup>th</sup> September

Lichfield Rd (Thurs am) - no class 2<sup>nd</sup> August or 6<sup>th</sup> & 13<sup>th</sup> September

East Barnwell (Thurs pm) no class 2<sup>nd</sup> August or 6<sup>th</sup> & 13<sup>th</sup> September

Ch Good Shepherd (Friday pm) no class 7<sup>th</sup> and 14<sup>th</sup> September

**Steph Wyer** – no class 21<sup>st</sup> August

**Yoga in Ely** is on the move. Following a great start at the Old Dispensary Hall, we have decided to move the venue both in terms of the size of the room and access to parking. Starting from Friday 27<sup>th</sup> July our new beginner's yoga class will take place from 11-12pm at the Paradise Centre, Newnham Street, Ely CB7 4PQ. Contact Vimala for more information tel: 07984 582214.

Best wishes

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 class member if you know that they do not have access to email)