

Forever Active Monthly Member Newsletter – December 2018

Welcome to the latest newsletter from the Forever Active team. To ensure that all our members are aware of class closures during the festive season please see below.

Please note venue changes for classes held at Arbury Community Centre

Julia Cragie

Last Keep Fit @ Kelsey Kerridge last class 18th Dec / back on 8th Jan 2019

Last Fitsteps @ Arbury Community Centre 20th Dec / back on 10th Jan 2019

(Arbury Fitsteps on 10th, 17th & 24th Jan 2019 will be held at Kelsey Kerridge Sports Centre)

Last Keep fit and Strength & Balance @ Trumpington Village hall 21st Dec / back 11th Jan 2019

Sabrina

Last Keep Fit @ Arbury Community Centre 10th Dec / back 7th Jan 2019

(Arbury Keep Fit on 7th, 14th & 21st Jan 2019 will be held at the Meadows Community Centre)

Last Histon Yoga 18th Dec / back 8th Jan 2019

Last Barnwell Strength & Balance 19th Dec / back 9th Jan 2019

Last Trumpington Village Hall yoga 18th Dec / back 8th Jan 2019

Davina Mee

Last S&B Arbury Community Centre 17th Dec / back 7th Jan 2019 *(7th, 14th, 21st classes are in the small hall due to main hall having refurbishment work)*

Last Trumpington Village hall S&B 18th Dec / back 8th Jan 2019

Last St Matthews S&B 19th Dec / back 9th Jan 2019

Last Willingham S&B 19th Dec / back 9th Jan 2019

Rosanna Dillon

Last S&B @ Lichfield Hall 19th Dec / back 2nd Jan 2019

Last S&B @ Queen Edith 20th Dec / back 3rd Jan 2019

Aurora Albano

Last Chesterton Sports Centre Pilates 10th Dec / back 7th Jan 2019

Tuesday Chesterton Sports Centre Pilates 11th Dec / back 8th Jan 2019

Last Girton Court S&B Class 5th Dec / back 9th Jan 2019

Margaret Philips - Last Line dancing @ St Andrews Church 17th Dec / back 7th Jan 2019

Ines Byrne

Last Pilates @ Trumpington Pavilion 10th Dec / back 7th Jan 2019

Last Pilates @ Chesterton Sports Centre 10th Dec / back 7th Jan 2019

Last Pilates @ St Andrews, Cherry Hinton 12th Dec / back 2nd Jan 2019

Vikki Green – last S&B @ Newnham Scout Hut 18th Dec / back 8th Jan 2019

Clare Strongman

Last S&B @ Girton 13th Dec / back 10th Jan 2019

Becky Adams

Last S&B @ Doddington 21st Dec / back 4th Jan 2019

Last S&B @ March 21st Dec / back 4th Jan 2019

Anne Catchpole

Last S&B & Fitsteps @ Foxton 4th Dec / back 8th Jan 2019 (Kelly Austin to take over the class in January – we will notify you as soon as we know when)

Last S&B @ Fulbourn 7th Dec / back 4th Jan 2019

Hannah Black

Last S&B @ Bar Hill 14th Dec / back 11th Jan 2019

Last S&B @ Rampton 17th Dec / back 7th Jan 2019

Steph Wyer

Last S&B @ Melbourn 18th Dec / back 8th Jan 2019

Last Foxton S&B class 4th Dec / back 8th Jan 2019

Marlene Sharpe-Westwood

S&B @ the Meadows (Tuesdays) last class 18th Dec / back 8th Jan

S&B @ Hills Road (Thursdays) last class 20th Dec / back 3rd Jan

Tap Dancing @ Hills Road last class 18th Dec / back 8th Jan

Keep Fit @ Meadows last class 21st Dec / back 4th Jan

Jenny James – last S&B @ The Meadows Community Centre 19th Dec / back 9th Jan 2019

James Dunham – last S&B @ Ely Library 20th Dec / back 3rd Jan 2019

Anne Johnson/Diane Johnston – last S&B @ Barnwell Baptist 18th Dec / back 8th Jan 2019

Mike Tabrett

Last T'ai Chi @ Great Shelford 17th Dec / back 7th Jan 2019

Last T'ai Chi @ Lichfield Road 20th Dec / back 10th Jan 2019

Last T'ai Chi @ East Barnwell 20th Dec / back 10th Jan 2019

Last T'ai Chi @ Church of the Good Shepherd 21st Dec / back 11th Jan 2019

Faradena Afifi

Last Tai Chi @ Stetchworth 6th Dec / back 10th Jan 2019

Last Tai Chi @ Ely 14th Dec / back 18th Jan 2019

Kathleen Henderson

Last S&B @ Christchurch Community Centre 12th Dec / back 9th Jan 2019

Vimala Donna

Yoga classes are ON as normal @ Countess Church Hall, Ely 21st & 28th Dec / back 4th Jan 2019

Jane Jones

Last Walking Netball @ Histon and Impington Recreation Ground 16th Dec / back 7th Jan 2019

We are also sorry to announce that due to the unavailability of instructors, the Over Strength and Balance class and the Chesterton Aqua class have both had to close for the foreseeable future.

We would like to take this opportunity to wish you a very Merry Christmas and a happy and healthy New Year.

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

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