

Forever Active Monthly Member Newsletter – March 2019

Welcome to the March newsletter from the Forever Active team. With Easter fast approaching we have included the class closures as below.

Julia

Friday 15th March at Trumpington - ETM & Strength and Balance (Vikki Green covering)

Friday 10th May at Trumpington - ETM & Strength and Balance (Vikki Green covering)

Friday 17th May at Trumpington - ETM & Strength and Balance (Vikki Green covering)

Friday 26th July at Trumpington - ETM & Strength and Balance (Vikki Green covering)

Tuesday 19th March at Kelsey Kerridge - ETM (Helen Robbins covering)

Tuesday 7th May at Kelsey Kerridge half ETM/half strength work (Helen Robbins covering)

Tuesday 14th May at Kelsey Kerridge - ETM (Helen Robbins covering)

Tuesday 30th July at Kelsey Kerridge - ETM (Helen Robbins covering)

Rosanna

Monday 1st, 22nd, 29th April at Chesterton Methodist Church – Strength and Balance

Steph

Tuesday 23rd April at Melbourn and Foxton Village Hall – Strength and Balance

Jessica

Thursday 11th April at Cottenham Community Café – Strength and Balance

Sabrina

Monday 15th April at Arbury Community Centre – ETM

Tuesday 16th April at Trumpington Village Hall - Yoga

Tuesday 16th April at St. Andrews Centre, Histon - Yoga

Wednesday 17th April at Barnwell Baptist Church – Strength and Balance/All in One Mobility

Friday 19th April at Chesterton SC - Yoga

Davina

Wednesday 10th & 17th at St. Matthews – Strength and Balance

Monday 15th April at Arbury Community Centre – Strength and Balance

Tues 16th April at Trumpington Village Hall – Strength and Balance (Vikki Green covering)

Wednesday 17th April at Willingham – Strength and Balance

Aurora

Monday 22nd April at Chesterton SC – Pilates

Margaret

Monday 1st and 22nd April at St. Andrews Church – Line Dancing

(Breaking for the Summer on Monday 29th April - Monday 16th September)

Ines

Monday 15th April at Trumpington Pavilion – Pilates
Wednesday 17th April at St Andrews Church - Pilates

Vikki

Tuesday 9th, 16th April and 28th May at Newnham – Strength and Balance (class is moving to St Mark's Small Hall)

Anne

Friday 19th and 26th April at Fulbourn Library Strength and Balance

Faradena

Thursday 18th April at Ellesmere Centre, Stetchworth – T'ai Chi
Friday 19th April at The Paradise Centre, Ely - T'ai Chi

James

Thursday 11th April at Ely Library – Strength and Balance

Hannah

Friday 19th April at Bar Hill - Strength and Balance
Monday 22nd April at Rampton – Strength and Balance

Mike

Friday 19th April at the Church of the Good Shepherd – T'ai Chi, half seated
Monday 22nd April at Great Shelford Pavilion – T'ai Chi
(this class is moving to Stapleford Pavilion on Monday 29th April)

Vimala

Friday 19th April at the Countess Free Church Hall, Ely – Yoga

Becky

Friday 19th April at Doddington – Strength and Balance
Friday 19th April at St Peters Hall, March – Strength and Balance

Caroline

Monday 22nd April at Gamlingay Eco Hub – Seated Yoga

Thank you

We raised £174 at the Waitrose in Fitzroy Street Cambridge as part of their 'Community Matters' green token scheme. Thank you to everyone who shops there and supported us. This money will help towards new equipment. Watch out for more opportunities at other supermarkets during spring/summer. We are also delighted with the support we are receiving through Amazon Smile and hope to update you soon with the money raised so far. Please do continue to support Forever Active whilst you shop online.

Save the date

Simon Hanna will be joining us on 7th June at our next Forum hosted by the Cherry Hinton Village Centre from 10am – 12 noon. Simon will be delivering a practical session, so bookings are essential. Please drop Davina an email if you would like to attend:
Davina.mee@forever-active.org.uk

Next month's newsletter

Included in next month's newsletter will be an introduction to new instructors joining Forever Active and helping to provide more classes across the County.

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

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