

Forever Active Monthly Member Newsletter – October 2020

FEEDBACK ON THE OUTDOOR SESSIONS

In our last newsletter we promoted the pilot of a new Outdoor Strength and Balance session behind the Trumpington Pavilion. We are pleased to announce that we had a good response and moved to Wednesdays so that 2 sessions could be offered:

10-11am

11.15-12.15pm

There were 10 people attending each pilot session, and the bonus of some sunshine too. Sessions plan to run whatever the weather for the remainder of the year so if you would like to come for a free trial session please get in contact at enquiries@forever-active.org.uk (we have a few spaces left in each session).

To remind you: the sessions are aimed at helping you to build stronger bones and muscles and increase your stability as well as boost your natural immunity. The new sessions are the perfect way to continue your strength and balance exercises in a safe outdoor group environment.

Venue address: Paget Road, Trumpington, Cambridge CB2 9JF (Please note toilets are NOT available).

We are looking into other venues so if you are interested but Trumpington is not local to you, please get in contact so that we can update you with future developments.

Walking Netball at Milton Community Centre

Just before lockdown walking netball started at Milton Community Centre and we are pleased to confirm that the sessions are back and there are spaces available. If you want to get active outdoors and meet new people, come, and try low impact netball delivered in a fun environment.

There is plenty of free parking at Milton Community Centre but there is currently no access to toilets.

Sessions take place with Carolyn on Mondays 12.15-1.15pm. Contact Carolyn for further details or to book a free taster session cpallon@googlemail.com

NEW! ONLINE CLASSES

Due to a successful grant we are really pleased to launch 7 new online sessions. We have tried to offer a range of classes and if popular will work to increase the number of classes available.

Mondays 3-4pm**Online Strength & Balance with Davina**

Standing strength and balance work with some seated strength work. The exercises included in these online classes have proven to help reduce the risk of falls and increase confidence.

Tuesdays 12-1pm**Online T'ai Chi Fit (or Fitness) with Faradena**

A moderate paced T'ai Chi and martial arts-based exercise class. It involves a warm-up, posture, movement and balance exercises, basic punch and kick combinations, faster movements, followed by gentle health exercises and stretching. The focus of the class is to help improve co-ordination, balance, gently strengthen the body and to improve feelings of self-confidence and relaxation.

Tuesdays 2-3pm**Online Strength & Balance with Sabrina**

Standing strength and balance work with some seated strength work. The exercises included in these online classes have proven to help reduce the risk of falls and increase confidence.

Tuesdays 2.15-3.15pm**Online Zumba Gold with Davina**

The design of the class introduces easy to follow Zumba choreography that focuses on balance, range of motion and coordination through dance moves which include salsa, merengue, tango etc. Come ready to sweat and prepare to finish empowered and feeling strong.

Wednesdays 11.15-12.15pm**Online Strength & Balance with Sabrina**

Standing strength and balance work with some seated strength work. The exercises included in these online classes have proven to help reduce the risk of falls and increase confidence.

Thursdays 11.30-12.30pm**Online Pilates with Ines**

A balanced mental and physical training programme that combines controlled and precise flowing movements with breathing. It improves concentration, core stability, posture, flexibility, and muscle toning. Some prior experience with Pilates is required for this class.

Fridays 11.15-12.15pm**Online Chair-Based Yoga with Sabrina**

Release and stretch tight muscles, strengthen your back, and clear your mind.

As you concentrate on combining slow breathing with a series of postures, the class becomes your 'me time', helping you to connect with your breath and clear the mind of any thoughts that might weight on it or cause distraction.

Mind, body, and breath work as one to create a mindful practice that will strengthen your body and focus your mind.

All 7 classes will be taught via our new members' website called Forever Active Clubz and will require a computer or tablet that can accommodate the Zoom App. There should be enough space in the room around you at home to exercise. If you have any questions or would like to book a space please contact: enquiries@forever-active.org.uk

If you have not yet had your invitation to join Forever Active Clubz we will get this organised as soon as you book and there will be support to help you access your class online plus a trial tech session to meet your class instructor and class members and make sure everything works ok. Places are limited per class and will be offered on a first come first serve basis.

All classes start week beginning 9th November at a cost of £4 and annual membership remains at £15. All payments can be made via Forever Active Clubz.

Crowd Funding

Thank you to everyone who supported Forever Active and shared our crowd funding page with family and friends. We look forward to letting you know when face to face classes can re-open. This funding will help subsidise classes that may have to initially operate on reduced numbers.

Virtual AGM

A further reminder that due to the current circumstances Forever Active will be running the Annual General Meeting on Zoom. The planned date for this is Thursday 26th November. Details and time will be confirmed in the November newsletter.

Notice

We are aware that our emails sometimes end up in people's 'junk' so please do check regularly especially if you are expecting a reply from us.

Best wishes

The Forever Active Team

Please note: You have received this email if you have been to a Forever Active class this year or work for a partner organisation. If you would prefer not to receive a monthly newsletter, please email your details to: enquiries@forever-active.org.uk