



NEW MAMMA MIA Workshop

What a great workshop we had last week.

All of the children were lovely and interacted so well with each other, lots of new friendships made, and so lovely to see the older children interact so kindly and in a caring manner with the younger children.

Abba Mania all week, including a mini disco as a special treat.

Sadly our next workshop won't be until next Summer as I have already secured flights for our 2017 Easter break, but work will be going on in the background for next summer ☺

The children have asked for Alice in Wonderland, Shrek or Matilda so we will be listening for music suitable and confirm in the New Year which musical has been chosen.

The workshop is likely to be W/c 31st July next year so if you are aware you would like a place for your children just let me know so we can hold your child a place – the workshops are always very popular and such a great success – looking forward to next year already!!

Reminder Sat Ballet changes

We currently have two baby ballet classes on a Saturday morning.

We have divided the classes so the first class at 10.30 is baby ballet and the second class at 11.15 is baby ballet / pre-prep class.

The second class will allow children to be introduced to the prep steps and if they pick them up really well they may be able to take their prep ballet exam next Autumn.

Parents of the children impacted by the changes are aware of which class their child will attend, this is just a reminder.

NEW Grange Panto

Please join me in congratulating Pippa Whittaker on being successful in getting a part in the Grange Theatre Panto this forthcoming Christmas. The production will be Beauty and the Beast (celebrity line up to be confirmed)

Tickets are normally £14.95 per adult and £11.50 for children under 15.

Group bookings are £11 each

so we are hoping we have more than 10 people who would like to attend to get the discounted rate. If you would like to join us on

Friday 23rd December at 6.30pm

can you please let us know

before end August

Reminder Teachers

Wed classes in Davenham have now stopped; children have been offered places on Thurs or Sat.

Thurs classes in Davenham are with Miss Hannah until Dec, when her maternity leave teacher will be appointed for the spring term.

Thurs classes in Moulton are with Miss Laura who will be continuing classes until we appoint a replacement before her panto commitments commence.

Miss Gemma is returning from maternity leave to teach classes on Saturdays in Moulton – I'm sure you will join me in recognising Miss Amy's great work with the children since December throughout Miss Gemma's maternity leave.

Reminder Enrolment/Term dates

Winter term 2016

Classes commence - w/c 5th Sept

Half Term - w/c 31st Oct

Classes recommence - w/c 7th Nov

Christmas Holidays - w/c 12th Dec



NEW Blockfit with CHICO

CHICO came to Power Fitness and facilitated a master class for us on 7th July.

Everyone who attended had a great time and Chico taught the NEW Blockfit 2 class for the first time ☺

Chico stayed around for lots of pictures and testimonials too which was really nice after his 5 hour drive to us!

NEW Alzheimer's Event/Delamere

Zumba Head Office have asked me to do a Zumba gold warm up at the start of a charity event being held by the **Alzheimer's society** at **Delamere on 24th September.**

It will be just 10-15 minutes for the fundraisers to get warm before taking part in their walk ☺

If you would like to come along and join in please let me know – time not confirmed but anticipate to be around 9.30-10.00am

Reminder Sept Courses

Bounce Dancefit (8 week course) - £32

Sat 10th Sept – Sat 29th Oct

Limited availability – only 6 places remaining!

Pilates (12 week course) - £54

Thurs 8th Sept - Thurs 8th Dec

Limited availability – only 5 places remaining!

NEW Biggest Loser Challenge

We are considering another Biggest Loser challenge in the run up to Christmas to help you look and feel amazing inside and out ☺

If you would like to take part please let me know it you'd like to start 18/09 or 23/10

NEW Autumn Classes

What classes would you like this Autumn?

As the dark nights and cold weather starts to creep in, attendance historically drops.

If you are looking to attend classes throughout autumn, can you please reserve your places online.

We will confirm at the end of each month what our timetable looks like for the forthcoming month - based on reservations and historic attendance.

Classes currently at risk

Sunday Zumba, Wednesday Zumba, Thursday Blockfit and Tennis

If we have enough interest in classes we are more than happy to run them ☺ so please reserve your places for classes you wish to attend

August timetable change

Monday

No Zumba class now until January
Clubbercise at 6.30pm is not impacted.

September change so far

Wednesday

Clubbercise returns at Hartford Hall 6.15-7pm

Saturday

Bounce Dancefit course returns 8.45-9.30am

What is the challenge?

- It runs for 5 weeks
- Costs £50.00
- Unlimited classes with power fitness throughout the 5 weeks
- Link to a private group on facebook so you are fully supported throughout
- FREE advice regarding what to eat to help give you more energy, increase your metabolism which ultimately helps with your weight loss targets
- Information throughout the challenge regarding benefits of eating certain foods and recipe's you can try – it doesn't have to be boring ☺
- A FREE food diary review to help you tweak what you are doing to help you achieve your goals
- Weight in at the start and end of the challenge
- **The person with the greatest weight loss will receive £25**

NB – challengers can only take part if they are not participating in another weight loss program as lots of programmes involves eating processed food which conflicts with our challenge

Booking page reservation link <https://v1.bookwhen.com/powerfitnessnorthwich>

Summary of class timetable http://dancingkidzdance.co.uk/adult_classes.html