



NEW Moulton relocation dates

Throughout the year in Moulton, we relocate from the village hall to the Methodist hall to accommodate drama productions, Christmas fayres and elections.

This year we do not need to move for a Christmas fayre however, on **Saturday 10th December** the church do need access to the main hall at 2.15pm. This will impact our grade 2 ballet class so we will combine our Grade 1 and Grade 2 ballet groups together on their last day of term, their class will be 1.30-2.10pm.

Dates we need to relocate from Moulton Village Hall to Moulton Methodist Hall

Thursday classes

17th November
26th January
27th April

Saturday classes

19th November
28th January
29th April

Reminder Grange Panto

Please join me in congratulating **Pippa Whittaker** on successfully getting a dancing role in the Grange Theatre's Christmas panto, Beauty & the Beast.

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

Group bookings are £11 each

We are hoping to get more than 10 people attending to receive discounted seats on

Friday 23rd December at 6.30pm

If you would like to join us, can you please let us know **before end August** So we can secure tickets

Celebrity line up is Charlie Healy from The Risk, Isabelle Lock from X Factor group Mon Amie, Rob Stevens as the Dame and Ross McNeill as her silly son.

NEW Holiday Dance Workshops

Our summer holiday Mamma Mia workshop was a huge success, the children were amazing – think the parents secretly enjoyed Abba too ☺ Our next workshop is not sadly until next summer, the children voted for two musicals so were considering running 2 workshops ☺

w/c – 31st July 2017
ALICE IN WONDERLAND
w/c - 7th August 2017
MATILDA

Each 5 day workshop is £90, £81 for siblings

Any children who attend **both** workshops will receive **20% discount**, £144 (just £14.40 a day!)

The children get to learn different dance styles, play team building games, make craft for their performances and perform on stage for their family and friends.

If you'd like a place reserving just let us know and we can send you all the details after Easter 2017

NEW Enrolment/Term dates

Winter term 2016

Classes commence - w/c 5th Sept

Half Term - w/c 31st Oct

Classes recommence - w/c 7th Nov

*Moulton classes at Moulton Methodist Hall -Thurs 17/11 and Sat 19/11

Christmas Holidays – w/c 12th Dec

Spring term 2017

Classes commence – w/c 9th Jan

*Moulton classes at Moulton Methodist Hall -Thurs 26/01 and Sat 28/01

Half Term - w/c 20th Feb

Classes recommence - w/c 27th Feb

Easter Holidays – w/c 3rd April

Summer term 2017

Classes commence – w/c 17th Apr

*Moulton classes at Moulton Methodist Hall -Thurs 27/04 and Sat 29/04

Half Term - w/c 29th May

Classes recommence - w/c 5th Jun

Summer Holidays – w/c 24th Jul



NEW Alzheimer's Event/Delamere

Zumba Head Office have asked me to do a Zumba gold warm up at the start of the Alzheimer's society memory walk event

Date – 24th September

Location – Delamere Forrest

Time – between 9.30-10.30 (TBC)

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 so we can all arrange to meet.

NEW September Timetable

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 will be for the forthcoming month - based on reservations and historic attendance.

Classes currently at risk for October

Sun - Zumba, Tues - Clubbercise, Wed - Zumba, Thurs Blockfit and Tennis

September timetable

Sunday

6.00-7.00 Zumba

Monday

6.30-7.15 Clubbercise

Tuesday

6.00-7.00 Zumba
7.10-7.55 Zumba Gold
8.00-8.45 Clubbercise

Wednesday

6.15-7.00 – Clubbercise
7.30-8.30 Zumba

Thursday

7.00-8.00 Pilates
7.15-8.00 Blockfit
8.00-8.30 Cardio Tennis

Saturday

8.45-9.30 Bounce Dancefit

NEW Wed Classes from October

From Oct, Mid Cheshire College will only be hiring on the hour (7-8pm or 8-9pm).

Following Facebook feedback, the majority voted for
5.45-6.30 Clubbercise (Hartford Hall)
7-8pm Zumba (Mid Cheshire)

I'm currently working with the hall managers to establish if the above is possible, and will confirm in Sept once confirmed arrangements

Reminder Sept Courses

Bounce Dancefit (8 week course) - £32

Sat 10th Sept – Sat 29th Oct

Limited availability – only 2 places remaining!

Pilates (12 week course) - £54

Thurs 8th Sept - Thurs 8th Dec

Limited availability – only 1 place remaining!

Reminder 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 reserve a place on our booking page to start either for 18/09 or 23/10

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 recipie'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
- Weigh in at the start and end of the challenge
- **The person with the greatest weight loss will receive £25**

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

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