

the

OCTOBER 06



NEWSLETTER

beat

Come on in!

WINTER CLASSES

From the end of October until the last week of March 2007 Buggyfit will be going indoors for Winter.

Tuesday Class @ 9.30am

(starting 31st October)

Longfleet Baptist Church

138 Wimborne Road, Poole



Please bring some toys/play equipment along with you so we can create a soft play corner for the little ones. At this venue there's a kitchen, toilets and free parking in the surrounding roads.

Thursday Class @ 9.30am

(starting 2nd November)

Ollies Adventureland

The Dolphin Shopping Centre, Poole

I have managed to hire out this venue for the sole use of Buggyfit!!



For the babies there is a contained soft area or for those a little more sturdy the Adventureland is available for them to use **free of charge** during the class. What fun!

There will be a large area to exercise in where you will be able to see your little ones play. We will be doing "circuits" which is great for increasing fitness, toning and weight loss. **It's not as bad as it sounds, it will work.** You'll love it!

There is a cafe on site for the all important chatting afterwards, plus toilets and baby change facilities. If you want to stay on after Buggyfit and use Adventureland they have agreed to charging a concessionary rate of £1.60 only for further playtime!!

Please use the lift or stairs to the library and sports centre to visit Ollie's Adventureland.

Save £5.00

I have had to pre-book & pay for the venues so as you can appreciate I need some level of commitment from you Buggyfitties to make this work, so I will be selling classes in block bookings of 10 sessions at a time, this benefits you too as there is a saving of £5! See me for more details.

FREE CLASSES!

I am introducing a 'Refer a friend' voucher system. If you enjoy Buggyfit & are achieving good results why not invite a friend along. Their first session will be **free** & if they book up for a 12 week course, **you will get one session free of charge too.** Great!



Yummy Mummy LOVELY DAY OF PAMPERING

Thurs 2nd Nov, Royal Bath DeVere Hotel,

Bournemouth. (after Alum Chine Buggyfit class) We did one of these in June & it was fab! Babies come too, we all bring something to amuse them and they can use the pool too. £17.50 gets you entry in to the leisure suite where you can use the pool, sauna & jacuzzi and enjoy a light lunch. For extra pampering treatments please pre-book. I have a full list. I will require £10 deposit two weeks in advance to secure your place please.

Christmas Hols

We all need a rest, so you Buggyfitties can have a Christmas break from Monday 18th Dec 2006

- Friday 12th Jan

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Monday

15th

Jan 07.

NEW Bournemouth
classes starting 1st week of Oct
9.30am, Mondays on Boscombe
Seafront/Fridays in Queens Park.
For more info call Jo Rainsley
07808 470031
Indoor venues tba

Results are really showing now, well done to you all & keep up the good work!

Any other information you require, just call me! Sarah Trill 07944 725723

the buggyfit beat

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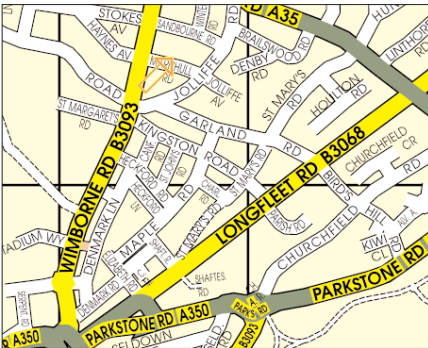
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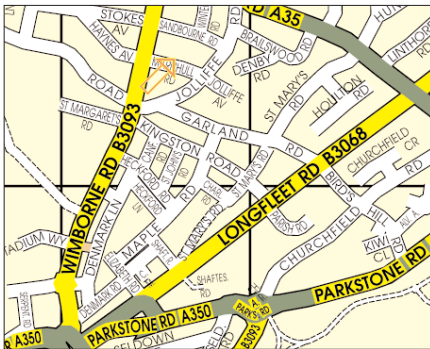
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