

W O R L D M A S S A G E N E W S L E T T E R

May 2009

Classy...

Don't forget we have loads of specialist classes for you — Belly Dancing, Krav Maga, Capoeira, Pilates & Ashtanga Yoga (Ashtanga is the Sean Connery pronunciation).

These are the perfect sessions to get fit if you fancy change from the usual fare, or an hour on the treadmill feels like... well, an hour on the treadmill.

Better still, you are often learning a skill. A little Krav Maga can help brush off the punchy chav jumping the taxi queue on a Friday night, whilst a little belly dancing could be your trump card when you finally get that call to be on "Come Dine With Me"

BANK HOLIDAY **OPENING HOURS**

Let's keep this reeeeeeeall simple:
we are open 9-6 Saturday,
Sunday and Monday on May
Bank Holiday weekends. If you have
nothing better to do, come on down and

ON BANK HOLIDAYS, SILVER /
OFF PEAK MEMBERS CAN USE
THE CLUB AT ANYTIME ON
MONDAYS AT NO EXTRA
CHARGE

Bank Holiday Classes

Saturday 23rd May

10.00-11.00 – BARBELL PUMP

WITH SALLY

11.00-12.00 – PILATES

WITH SALLY

Sunday 24th May

No Classes

Monday 25th May

6.45-17.45 – CIRCUITS

WITH SALLY

Please check the class board for any
changes to these scheduled classes.

New members of staff

Ulrika Maskell has started on the Front Desk, battling injustice, smiting evil and booking classes for you on Tuesday night, Wednesday and Thursday mornings. Yes, she's Swedish, no, she's not blonde. Go figure?! I guess it's like you can get white tigers. Or doctors who smoke. It's a topsy-turvy world. Obviously she need to return to Krypton to recharge periodically and so Vicky Whitehead, Heather's daughter, will be working on a Thursday night.

WIN A BIKE!!!

We have what must be a **VERY limited edition Irn-Bru full-suspension mountain bike** to get you grubby mitts on! For **just £1** you get entered into a raffle to be drawn at the **May social** on the 31st (watch out for details).

All proceeds will go for PROPS, the charity helping kids with special needs.

A host of intrepid **riders will be cycling to Bristol's twin-city, Bordeaux** (probably one of many, but no matter). They'll be aiming to raise £750 each and the proceeds from

Up close & personal training...

PT Summer Special — £150 for 8x 30min sessions, can be paid in two £75 instalments... what credit crunch?! PT is an invaluable tool for swift results that last, and the knowledge benefits you long past your last session. Ask Vicky or another instructor for more details.

Women-Only Tummy Massage — Special with Vicky...

Welsh Back Newsletter



Dance Factory Bristol

Have you been inspired by BBC's Strictly Come Dancing? No, me neither. But you will be at our new Strictly Come Dancing class starting in June at Welsh Back.



FREE taster Workshop on

Tuesday 26th May 8pm - 9pm. There are limited spaces, so book your place at reception now!

The full 6-week course runs from Tuesday

2nd June - Tuesday 7th July 8pm - 9pm £30 per person. Open to members and non-members.

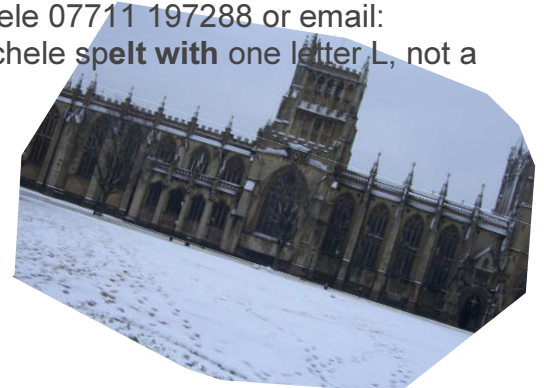
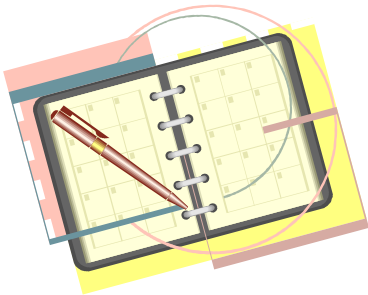
For more information, call Michele 07711 197288 or email: michele@dancefactorybristol.com (Michele spelt with one letter L, not a

May 2009

TIMETABLE TWEAKING

There may be some small changes appearing on the timetable at the end of the month and will be advertised round the club - so look out for posters or keep an eye on the Mother Timetable on the stairs up to the studio.

Chris Nix will be looking for feedback on classes over the next few weeks, with a view to a summer tweaking. Classes with low attendance may need to be suspended until autumn, so please do have



PILATES WORKSHOP

The next workshop is on Sat
6th June at 4pm...
book at reception!

STOP PRESS!

Here are the likely changes for the summer...

- The Sunday class will be dropped.
- The 3 lowest attended Keiser classes will possibly be dropped over the summer:
 - Tuesday 12.10 - 12.50
 - Wednesday 13.10 - 13.50
 - Friday 12.10 - 12.50
- There have been requests for an extra Circuit class on a Wednesday lunch time.
- There have been requests for an extra Aerobics class.
- There have been requests for Barbell Pump to be moved to a different evening from Wednesday.
- The following classes will be monitored and may change or be dropped for the summer if attendance falls:

Monday
12.10 - 12.50 Circuits
13.10 - 13.50 Keiser I/A
18.30 - 19.15 Keiser B
18.30 - 19.30 Pilates

Tuesday
07.30 - 08.15 Barbell Pump
18.30 - 20.00 Yoga

Wednesday
07.30 - 08.15 Pilates
18.30 - 09.30 Barbell Pump

Thursday
13.10 - 13.50 Keiser I/A
17.40 - 18.25 Step

Friday
12.10 - 12.50 Barbell Pump

*** Mark your suggestions on the sheets by the Mother Timetable!!!

LAST-MINUTE ODDS & SODS...

(and things I don't really know about)

- There's a new **Bronze** membership for the gym... ask a Membership Advisor for details.
- **Squash Summer season** has started... ask Chris Rayner for info.
- **Sian is up and running with her Sports Massage!**

Last I heard, she was offering a unique **Anatomical Analysis and Sports Massage Package...** a **60min consultation** to include posture analysis and assessment of the spine, hips, ankles, elbows and arms, heads, shoulders, knees and toes, knees and toes (well, maybe not toes, but for an extra fiver, who knows). **Then you get 2x 30-min sports massage** based on the results (so