



Yoga With Adele: Newsletter March/April 2024

New Step Aerobic Class

This will be a 30 min class, every Wednesday at 5.50pm til 6.20pm

Held at the George Ward Centre

Cost is £5 per class when booked monthly, or £10 if booking as single sessions. There will be just

10 spaces available and priority booking will go to those booking monthly. I will start at a 'Easy level' with simple add on routines...so no complex choreography ..a great class for anyone wanting to improve their cardiovascular health. **Starts April 3rd.**



Please contact me direct for more information and booking.



Easter Holiday Dates

The last Yoga classes will be on Tues 26th March and we start back on Wed 3rd April .

Polite Reminder on Class Cancellation policy .

All bookings are final ie; non refundable / non transferable

If you have booked a class but then realise you won't be able to attend, please cancel your booking via Gymcatch as soon as possible. This automatically frees up your space for others to book on when classes are full. Thank you ☺

HEALTH BENEFITS OF DARK CHOCOLATE



- High in: Potassium, Copper, Magnesium and Iron
- Increases blood flow in the brain
- May lower blood pressure
- May reduce risk for stroke
- High in Antioxidants
- Helps control blood sugar
- Improved mood

Change of class format to a 'Functional Fitness for Over 50's' Class

Due to the popularity of this class on a Monday morning, I am thinking of changing the Friday 10am Sharnford, Yoga Class to this format .

This class is a mix of Yoga poses, mobility & weight training, but also includes work on our pelvic floor, balance, cognitive function and grip strength.

You will need a pair of dumbbells, a mat and a towel.

Please let me know if you are interested.

Have a great month ...See you in class ...Adele 😊 xx

www.yogawithadele.co.uk

Text: 07837927227

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