



Shimmy, Shake, Wiggle & Giggle Dance Fitness

News for August 2017
Issue F72

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FunDancing Diary

2017 Dates for your Diary

September

*Janet on Training Course for
new class offering
class info to come*

October

Fri 13th - FD's 7th Birthday

Hello,

Summer continues!

Do you realise that in the last 7 months you have learnt 7 new routines and picked them up so well, too - so proud of you all.

And it doesn't stop, so after learning a new Cha Cha routine (July) you have a new Tango/Paso routine for August!

See you in class!

Janet xx

September Classes

As you are now aware I will be in Tuscany completing my Yogalates course from Friday 8th through to Friday 22nd September.

FunDancing Hostesses are ready to hold the fort in my absence for the classes that will be running but I need to know who will be attending so that I can sort everything out.

Class information/attendance forms have and are being distributed, (some have been returned already - thank you).

For those still outstanding please let me know if you are planning to attend your normal, or other classes, BEFORE Friday 11th August.

As normal class pre-payment will be required for these classes.



See forms for full details.

Physical Health Warning

None of us are getting any younger so we need to be more vigilant when pursuing activities that we once took for granted.

So please be careful and remember to engage your core and release your shoulders / neck when gardening, assisting elderly relations, lifting grandchildren or walking in flatter shoes and slip-on sandals, etc.

FunDancing Brantham

Class has closed

Tough decision to make!

FunDancing's 7th Birthday Party

Friday 13th October 2017



The Menu has been decided

Boxford Village Hall has been provisionally booked

Your invitation / Menu Choices will be coming your way soon

Let's make it a hum-dinger of a party!

If you stumble
make it part of
the dance!

FunDancing weekly class fee increase

Just a heads up that from **1st January 2018** weekly class fees will be going up (page 2 FunDancing Class Fees).

FunDancing has not increased its prices since April 2015, even though all other costs have been going up.

It might be worth remembering that you are being instructed by someone who has over 50 years worth of dance training and fitness experience :-). *I can just imagine some of the comments being made having read that - ha ha!*



More photos & information?

Follow the links on

www.fundancing.co.uk

FunDancing Class Schedules for August 2017

Dates	Day	Start Time	Venue
7th, 14th & 21st	Mon	10:00	East Bergholt
2nd, 9th, 16th, 23rd & 30th	Wed	10:00	Nayland
2nd, 9th, 16th, 23rd & 30th	Wed	19:00	Boxford
3rd, 10th, 17th, 24th & 31st	Thur	10:00 & 19:00	Capel St Mary
4th, 11th, 18th & 25th	Fri	10:00	Stratford St Mary

Please let me know if you are NOT attending class

Sadly FunDancing in Brantham has closed.

Class Changes for August

None that I am aware of but we are still in the holiday / granny duty season!
Please do keep checking the website for latest class changes.
Regular class attendees will receive an email & text should their class change

Crafty FunDancers - Monday 14th August 7 to 9pm - "General crafting and chatting"
Meeting at Janet's 9, London Road, Capel St Mary. IP9 2JR

What do I need for class?

Footwear

Lightweight flexible shoes with a small heel and suede soles (normally 1/2 size bigger than your normal shoe size). Suggested suppliers: www.rotate.co.uk or Dance Vibe Ipswich or The Dance Shop Colchester
Warning do not buy cheap internet shoes you will be lucky if they are (a) what you ordered or (b) fit!

Clothing

Ensure you can move around easily and wear layers

Bring Water With You!

FunDancing Class Venues

Day	Start Time	Venue	Address	Postcode
Monday	10:00	Constable Memorial Hall	Gandish Road, East Bergholt	CO7 6TP
Wednesday	10:00	Nayland Village Hall	St James, Wall, Church Lane, Nayland	CO6 4JH
Wednesday	19:00	Boxford Village Hall	Stone Street Road, Boxford	CO10 5NP
Thursday	10:00	St Marys Church Hall	The Street, Capel St Mary	IP9 2EL
Thursday	19:00	St Marys Church Hall	The Street, Capel St Mary	IP9 2EL
Friday	10:00	The Institute	Higham Road, Stratford St Mary	CO7 6JU

FunDancing Class Attendance

Unable to attend class! Mark on class sheet, text (07506 350 455) or email (janet@fundancing.co.uk)

No later than 8am on class day morning.

Class changes will be published on website, facebook & twitter.

The class members affected will receive a text & email - **so do I have your correct contact details?**

Please Note: Classes continually poorly attended will be closed or merged depending on location.

FunDancing Class Costs

Method	Currently	Increase from 1st January 2018
Cash	£6.00 per class	£7.00
Cheque or Bank Transfer Payments	£24 (4 consecutive weeks)	£28
Monthly Standing Orders paid in advance	£20 one class a week	no change
	£36 two classes a week	no change
	£50 unlimited classes a month	no change

Terms & conditions apply

FunDancing
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FunDancing.Suffolk



Fun_Dancing



FundancingCoUK

fundancing.co.uk

Call: 01473 356 582 or 07506 350 455
eMail: janet@fundancing.co.uk

Telephone Hours of Business

Monday to Friday 9 am to 9 pm
Saturday & Sunday 9am to 12 noon



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