



## NEWS

Hello all,

What a summer it has been! I know it isn't over yet, but the days are shorter, the mornings have the feel of an Autumn chill in the air, the dew shines on the spiders cobwebs, etc.... glorious (for me anyway!)

I enjoyed the most wonderful Retreat in The Burren (West Ireland). While sorting out my many pictures, it got me thinking about a FunDancing (and Yoga, etc.) Retreat .. maybe a pipe-dream, but seriously if anyone is genuinely interested, let me know. J x

### What's Planned for the rest of the Year!

- **Weather themed & post class socials** will be in October (Wed 23rd, Thurs 24th & Fri 25th)  
*details will be available towards the end of September so you have been warned 😊*
- **FunDancing Workshops** (3 hours); one a month on either the 2nd or 3rd Saturday morning from November to February. Please register your interest (email, text or let me know in class) so that I have a rough idea of numbers, find available venues, etc. The workshops will be run by me and will be free to those who pay by Standing Order and a nominal fee to those who PAYG. *Hopefully, the workshops will make up for this years cancelled classes*

October 2020 is the 10th Anniversary of me running a dance fitness business!

I am currently collating a potted history, highlights, etc. to share with those who are interested.

More importantly I hope that we all want to celebrate in style? Please submit your ideas of how that can be achieved. 🙏

### September's Class Schedule

Day	Start Time	Venue
4th, 11th, 18th & 25th	Wed 10:00	Nayland
4th, 18th & 25th	Wed 19:00	Boxford
5th, 12th, 19th & 26th	Thur 10:00 & 19:00	Capel St Mary
6th, 13th, 20th & 27th	Fri 10:00	Stratford St Mary

### Themed weeks & post class socials

- October - Weather & social
  - November - Cats & social
  - December - Christmas & social
- Dates may change*

**"Extreme FunDancing"** - 19:00 to 21:00 Tuesday 10th September

The Institute, Stratford St Mary only £2 for 3 hours of hilarity!

*Janet's Training*

*FunDancing classes may be affected Oct 30th & 31st*

### Unable To Attend Class

Please add to class attendance sheet, OR text (07506 350 455) / email (janet@fundancing.co.uk)

**BEFORE 8am on class day morning**

### Last Minute Class Changes

Will be listed on the website, facebook & twitter AND class members will be notified by text & email

**Do I have your correct contact details?**

*Classes continually poorly attended will be closed*

### Venue Unavailable for Wed 11th (Boxford)

Not able to attend a class? Let me know as soon as you can please

## CLASS VENUES

Nayland Village Hall  
St James Wall, Church Lane  
CO6 4JH

Boxford Village Hall  
Stone Street Road  
CO10 5NP

St Mary's Church Hall  
The Street, Capel St Mary  
IP9 2EL

The Institute  
Higham Road, Stratford St Mary  
CO7 6JU

**Class Photo Fun!**  
[www.fundancing.co.uk/gallery/](http://www.fundancing.co.uk/gallery/)

## CLASS COSTS

Cash:  
£7.00 per class  
Chq or BACS:  
£28 (4 consecutive classes)  
Monthly SO:  
£23 (1 class a week)  
£45 (2 classes a week)  
£68 (unlimited classes a mth)

*Terms & Conditions apply*

### Do you love your FunDancing classes?

Please tell others about us & encourage them to come along to try it for themselves.

Your support is appreciated

## WHAT TO WEAR

Lightweight flexible shoes with a small heel & preferably suede soles

Clothing you can dance in easily

Bring Water with you



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