

jazzercise®

June 2010

Aberdeen & Stonehaven
NEWSLETTER

Vol. 10 No. 6

So long hasta la vista

This is the hardest Newsletter I have ever had to write. How can I describe on one small piece of paper how much you have all meant to me during these last 10 years.

For those of you who have been with me along the way, THANK YOU, every single one of you have a special place in my heart, and I feel grateful and humbled by the opportunity you have given me to know you and to share Jazzercise with you.

We have had wonderful times, theme classes, charity events, Jazzercise weekends and my favorite ... a once only experience, when I taught a whole class without opening my mouth. Can you believe it? We managed to raise on that occasion £900.00 for the Aberdeen Children's Hospital and have a tile on their wall to prove it.

I am off to Tenerife, to where I am from and although I am sad to leave you, I leave you in the best of hands. Jazzercise will continue in Aberdeen and Stonehaven, run by instructors I mentored, like and respect.

I wish you all well, continue to be fit and healthy, and live a happy life. This is it, there is no rehearsal.

Once again, many thanks for your loyalty, friendship, and the many bars of chocolate I've received from you over the years, keep them coming I am not off until the end of June.

Hugs to all

Manoli

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NEW Crossover Policy

After a revision of Jazzercise it has been decided to review the crossover policy which operates between franchise areas across Aberdeenshire.

The result of this review means that from the 1st June 2010 a new "crossover" fee will be introduced for EFT customers who visit classes out with their franchise area.

This payment will be half the walk – in price of the class visited.

This means that customers who currently pay EFT to one class owner can continue to attend unlimited classes run by that class owner. However, should a customer wish to visit a class in another area, they will pay per attendance (half the walk-in fee) on production of their EFT card.

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Bikini Body Pilates Style

Get ready for swimsuit season now! Brand new Bikini Body Pilates Style classes are specially choreographed to define your legs and glutes, burn mega calories, and strengthen and stretch your entire body. These are not your regular Jazzercise classes! Mix up your routine with four Bikini Body Pilates Style classes for great results. Ask Manoli for details.

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Jazzercise weekend 2011

Have a wonderful and energetic weekend at

Airth Castle Hotel & Spa Resort

11th – 13th March 2011

Take a booking for from the registration table or from the website, but hurry, there are only a limited number of places and every year is sold out within a week of the forms being out.

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Price Increase from 1st June

To keep in par with all Jazzercise classes around the area, our prices will increase the following way:

	Price	Attend 2 Classes per week	Cost per month
E.F.T. (standing order)	£24.00	£3.00 per class	£24
8 Week Pass	£58.00	£3.60 per class	£29
1 class walk-in	£6.00	£6.00 per class	£48
1 class concession	£5.00	£5.00 per class	£40

Technique Tip of the Month → Triceps Press in the Supine Position

1. Start by lying on your back with your knees bent and your feet flat on the floor.
2. Extend your arms up from your shoulders with weights in your hands. Face your palms toward each other.
3. Keep your upper arms stationary and your elbows directly above the shoulders.
4. Bend your elbows to slowly lower your weights toward the floor.
5. Stop lowering when your weights are next to your temples. Your elbows should be bent approximately 45 degrees.
6. Contract your triceps (located in the back of your upper arm) to extend your elbows and bring your weights back to the starting position.
7. Keep your elbows in line with your hands and shoulders to maximize the triceps engagement.

