


Newsletter and Timetable
WINTER 2012. ISSUE 01

For further information on all these sessions, to book a personal tuition session or group presentation/talk, telephone Dawn-Marie Wedlock (07795)462 510
www.clubdanceuk.co.uk e;enquiries@clubdanceuk.co.uk



PILATES
1000 Monday
1030 & 1745 Wednesday
 £5.50per class

Subtle and effective core strength, flexibility and conditioning to improve posture, help back problems and relax you. All levels catered for.
 Classes at Holy Trinity Hall, Worcester road, Link Top Malvern

Hi Everyone! Happy New year!!!


The classes are due to start back on Monday 2nd January, but just for the morning pilates at 10am. The rest of the classes will commence as normal on Wednesday 4th January.

Please note a slight increase in prices and change of timetable from January, but 6 month memberships now available.

Dates; No classes on Friday 17th February, and no zumba over half term on 13th and 16th February

BURLESQUE
Regular Monthly classes/workshops will be held on a Friday night at 6-7pm. £5pp or £3 to cduk members
 13th January, 10th February, GIRLS NIGHT OUT 9th March.


Fun girly moves that tease and ease your body to make you feel good. Great for a workout, great stress release and a HUGE laugh!
 Classes at Holy Trinity Hall, Link Top, Upper hall.



- CURRENT PILATES ROUTINE-emphasis balance**
1. Double arm overhead reach, single leg and neck press
 2. Knee twist with full arm supination/pronation
 3. Knee circles single and double
 4. Belly dancer sit ups
 5. Bridge alternate with side heel touch
 6. Hamstring stretch- single lift to double
 7. Overhead reach plus single leg low boat
 8. The clam
 9. Walking plank alt bend alt straight
 10. Climbing a tree
 11. Pointer hover combo
 12. Single leg lower with 90° bent knee hold
 13. Lunge and dog combo
 14. Calf raise and balance breathe

BELLY DANCING
1100 Monday
1845 Wednesday
1000 Friday.
 £5.00

Fun and fitness with this ancient art. It improves posture, coordination and flexibility. It is a great mind-body exercise and above all it is great fun!




Classes at Holy Trinity Hall, Link Top, Worcester Road,


- Stop press.....**
1. **CULTURAL BELLY DANCE HOLIDAY TO TUNISIA, 16TH MAY 2012.**
 2. **BELLY/BOLLYWOOD SOCIAL VASAI RESTAURANT 31ST JANUARY tbc**
 3. **6MONTH MEMBERSHIPS NOW DUE/AVAILALBLE £105 (£95 FOR 60+ YEARS)**
 4. **10 BLOCK CLASSES £45 (£40 FOR 60+)**

Take it easy classes!

STRETCH & RELAX



1215 Mondays. 45 min gentle session to include a little chairbics, subtly tone and energise as well as relax. £4.50



Zumba on Monday and Thursday evenings 6pm Dysons Sports Centre £5 per session with discounts to Rivers members.

NEW....
 11am **FRIDAY** mornings at the **HOLY TRINITY HALL, LINK TOP. 45minute class. £4.50**
Fun, energetic, zany, and you can dance without being able to dance!