



For the best Zumba, fitness and detox classes in Thornbury and Severn Beach

Hi there...

This is a newsletter to anyone who has joined class recently, and an information leaflet to all existing clients! We want to let you know about all the great classes we run at Zumba Thornbury, our partnership with MoveGB and the fundraising events we will be holding this summer - for which we need your support.



Firstly a Zumba intro and explanation about Zumba Thornbury:

All of our classes come under the website www.zumbathornbury.com and are run by ZIN members **Natasha Johnson, Sam Croft Louise Williams and Insanity coach Di Long**. Between us we want to provide as many superb exercise classes as we can for people in Thornbury, Severn Beach and Stoke Gifford with the same fun atmosphere in each class.

We are all a little bit besotted with our classes, not only is it exercise but it is fun and connects people socially and much much more. Our classes have been the lifeline, socially and physically for many people over the last few years and we aim to continue for many more!

We arrange a Christmas night out every year and have over 70 people eat drink and dance the night away plus we host many fundraisers in the year. We often have themed classes, sometimes for a Birthday, sometimes to launch new music, and sometimes just for fun!



Zumba Gold is a lower impact, easy to follow Latin inspired dance workout. It incorporates all our favourite zumba dance moves but at a slower more controlled pace, whilst still having the party atmosphere of a regular zumba class.

Zumba Gold promotes flexibility, strength, stamina, mental ability and happiness, making it the perfect program for people who are bouncing back from injury or surgery, the older active adult that would like to keep moving and for the beginner that's new to exercise.

- **Zumba Gold Tues 10am** with Sam at Severn Beach Village Hall

Here are our Zumba classes:

- **Sat 9.30am Zumba** at Severn Beach Village Hall, Severn Beach with Sam
- **Sun 10.30am Zumba** at Turnberries Community Centre, Thornbury with Louise
- **Mon 7pm Zumba** at Severn Beach Village Hall, Severn Beach with Sam
- **Tues 6pm Zumba** at Castle School, Park Road Thornbury with Natasha
- **Weds 7pm** Severn Beach Village Hall, Severn Beach with Natasha

Our Zumba classes cost £4 per session. Join our Loyalty Scheme and collect 20 stamps for a FREE CLASS - making our classes even better value!



We also teach other classes; Strong by Zumba, Zumba Gold, Insanity, Zumba Toning and Yoga-Lattes and now have many clients who come for different styles throughout the week.

We have **Zumba Fitness**: dancing with hip gyrating & fluid movements, **Zumba Gold**: same high fun as Zumba but we take out the impact and turns, **Zumba Toning**: dancing but holding lightweight maracas to increase the heart rate and toning effect on the arms, **Strong by Zumba**: a fitness class choreographed to specifically designed music, **Insanity** which is high cardio athletic singular & multi-planar movements, and then **Yoga-Lattes**: the best stretches from Yoga mixed with the best core exercises from Pilates.

So as you can see you now have access to all-round exercises!

Here are our other classes:

- **Sat 10am Strong by Zumba** at Castle School, Park Road Thornbury
- **Sat 10.30am Insanity** at St Michaels Primary School, Stoke Gifford
- **Sat 11.15am Yoga-Lattes** with Di at St Michaels Primary School, Stoke Gifford
- **Tues 7pm Zumba Toning** at Armstrong Hall, Chapel Street Thornbury
- **Tues 8pm Yoga-Lattes** at Armstrong Hall, Chapel Street Thornbury
- **Weds 6pm Strong by Zumba** at Severn Beach Village Hall, Severn Beach
- **Weds 8pm Yoga-Lattes** at Severn Beach Village Hall, Severn Beach

Booking and information at www.zumbathornbury.com



We have teamed up with MoveGB as we can see that for some of our members who do 3 or more classes a week, being a MoveGB member will work out cheaper for you.

The first week is free when you sign up, then you pay £10.49 per week (paid monthly either as a direct debit or charged to your debit card) and can attend up to 7 sessions with us, or any other provider.

If you work in town you might be able to fit in an early morning or lunchtime class plus any of or in the evening or on the weekend.

To attend a class you must book up with MoveGB and also on Eventbrite with us as usual. There are 10 per class reserved for MoveGB members on a first come first serve basis that you can book way ahead.

Check it all the classes you can do at www.movegb.com

Dates for your diary:



Official launch of Strong by Zumba

10am Sat March 25th

All profits to Ezzys wish to walk



In January I launched **Strong by Zumba**, but I only did what they call a 'soft launch' only telling friends and a few clients at class. I am so glad I didn't spend out on massive advertising as we have had a bit of a rocky road up to now with venue & times changing more than once since January.

I can now confidently launch this class as we are at Castle School main hall and it is perfect for this class, good size, safe flooring, easy to get to & park, cold water fountains etc. So I wanted to do a BIG LAUNCH to attract as many as possible – this class is really good when there's lots of people. I'll pay the hall hire and give the rest to Ezzys Wish to walk. I am also teaching **Strong by Zumba** 6pm every Weds at Severn Beach Village Hall.

Strong by Zumba is a fitness class choreographed to specifically created music that doesn't involve dancing or shimmying. There is an abs section at the end which is superb addition, there are burpees and bit n bobs on the floor but they are not overdone, enough to make you feel awesome and to get fit but not enough to make you feel like you're dying.

Zumbathon for Charity

April 2nd 2-5pm at Castle School in Thornbury

Natasha, Sam and Louise are joining forces to give you a 3 hour Zumbathon that you will always remember!

It is to raise money for a charity of your choice and we need you to grab a sponsor form from us at class and start asking peeps to sponsor you. You can raise money for any charity that is close to your heart. I am raising money for Ezzy's wish to walk this year and Ezzy will be with us on the day to say hello and thank you when we hand over the money to her mum. You can choose whichever charity is close to your heart. You'll need to collect the money from them as you ask so you can hand in the money on the day please. You only have to collect & hand in over £20 in sponsorship for your free entry to the Zumbathon. (By raising & handing in sponsorship the charity gets more money because it gets to keep the 28% giftaid that the government will give them).



For those who would prefer to raise the money online they can do a Justgiving page and bring a printout of their page for free entry.

Or you can buy an entry ticket for £20 adults/£5 Children

We need people on the day too so even if you are not one of our Zumba members then we still want you to come along – you can help on the raffle stall, with the cakes, with the teas. These fundraising events only happen with the help of wonderful people like you who are willing to give up some of their time and some small change.

And finally – the last event we would love you to be involved in is the Thornbury Carnival which is July 1st



We have been asked to be in the parade do some songs on stage so we need willing volunteers to come up with us and also some some dancers in the crowd. Save the date and click on the Facebook event to keep up to date with this one. We'll make announcements as we get news.

All these events and more information is all on our Facebook page Zumba Thornbury and on our website www.zumbathornbury.com Look us up, like us and share our page with your friends...