



jazzercise®



September newsletter

Welcome to our updated newsletter! Last month you completed a class survey to input into areas such as the monthly newsletter. Taking on board all the comments and common ideas and preferences the newsletter can now be emailed to you! This is environmentally friendly as well as convenient to you! Therefore to ensure you are included on the mailing list please add your email to the list at the registration desk or email maxine.jazzercise@hotmail.com.

Within the updated newsletter you will now find technique tips as well as forthcoming events and promotions.

Although all the feedback surveys have been collated, please keep your suggestions coming! Get in touch anytime.

What's on this month...

Macmillan Coffee Morning after class on Friday 24 September

Take along any home bakes, fine pieces, and a friend and lets enjoy a cup of tea in aid of Macmillan cancer support.

Last year Macmillan raised an amazing £7.9 million for people living with cancer. Lets help them beat that figure this year.

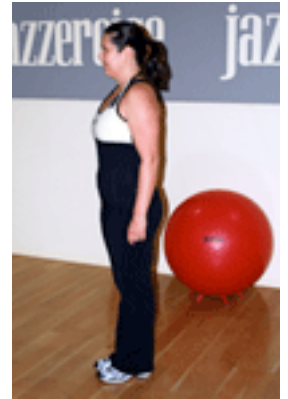


Technique tip of the month

Plié Lunge

This is a move you may currently be performing in class with the routine 'Rebound', which incorporates plié lunge steps forward and back.

- Start in a standing position with your feet together.
- Step forward with one foot. Avoid putting your front foot directly inline with your back foot. Your front foot should be flat on the floor and your back heel should be lifted off of the floor. Center your weight between your front foot and the ball of your back foot.
- Bend your knees to lower your hips toward the floor. Your back knee should be directly under your hip as you lower.
- Stop lowering toward the floor when your front knee is 90 degrees and your front thigh is parallel to the floor. Tune into how you are feeling. If you have to stop before your front knee is 90 degrees, that's ok.
- Press your front heel and the ball of your back foot into the floor as you straighten your knees and contract your quadriceps (front of the legs) and gluteal muscles (in your buttocks).
- Return to the starting upright position with your legs fully extended.
- Keep your torso upright throughout and avoid rounding through your back and shoulders.
- It is important to always ensure that the weight is in the leading foot's heel as this will ensure you do not strain your ankle or knee.



We're on facebook!



Find Jazzercise Aberdeenshire on Facebook!

Find class news, events, promotions, cancellations, photos on Jazzercise Aberdeenshire's facebook page today!

Christmas night out

Yes it's almost that time of year again! So to celebrate in style join us for our class Christmas night out! Dates and details will be announced in class soon and you can sign up at the registration desk at your local class.