



Energise with Elaine

ST EDMUND'S CHURCH HALL, LANEHOUSE ROCKS ROAD, WEYMOUTH EXERCISE TO MUSIC MONDAYS - 10.00 TO 11.00AM

New course started on 25th Feb 2019 for 7 weeks. (No class on Monday 1st April.) You can join in at any time and enjoy your first session free and then book the remaining number of weeks at £5 per session. If 15 people book, I offer cash back of £1 per session - reducing your ACTUAL cost to £4 per session!

If you are not able to book for the term, the cost will be £6 each session, subject to spaces available.

WOOL EXERCISE TO MUSIC - MONDAYS 7.00 TO 8.00PM at ST MARY & ST JOSEPH'S CATHOLIC PRIMARY SCHOOL

New course to start on 29th April 2019 for 3 weeks and costs £15. (No classes on 22nd April and 6th May.) You can join in at any time and enjoy your first session free and then book the remaining number of weeks at £5 per session. If you are not able to book for the term, the cost will be £6 each session.

WINFRITH VILLAGE HALL - EXERCISE TO MUSIC WEDS - 8.30 TO 9.15 AM - MEN ONLY - "45 FOR MEN"

New course to start on 10th April 2019 for 7 weeks and costs £35. You can join in at any time and enjoy your first session free and then book the remaining number of weeks at £5 per session.

If you are not able to book for the term, the cost will be £6 each session.

WINFRITH VILLAGE HALL - EXERCISE TO MUSIC WEDS 9.30 TO 10.30AM

New course to start on 24th April 2019 for 5 weeks and costs £25. You can join in at any time and enjoy your first session free and then book the remaining number of weeks at £5 per session.

If you are not able to book for the term, the cost will be £6 each session.

BRIANTSPUDDLE VILLAGE HALL - EXERCISE TO MUSIC THURSDAYS - 9.30 TO 10.30AM

New course to start on 18th April 2019 for 6 weeks and costs £30.

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You can join in at any time and enjoy your first session free and then book the remaining number of weeks at £5 per session.

If 10 people book, I offer cash back of 50p per week (£1 per week if 12 people book).

If you are not able to book for the term, the cost will be £6 each session.

WEST LULWORTH VILLAGE HALL - EXERCISE TO MUSIC FRIDAYS - 9.30 TO 10.30AM

New course to start on 26th April 2019 for 5 weeks and costs £25. You can join in at any time and enjoy your first session free and then book for the remaining number of weeks at £5 per session.

If you are not able to book for the term, the cost will be £6 each session.

IF BOOKING - PLEASE SEND PAYMENT TO:

Elaine South, Dufonis, Dorchester Road, Wool, Dorset BH20 6EQ

Contact: 01929 462916 or 07967 203581

email: elaine@dufonis.plus.com

TO AVOID DISAPPOINTMENT, PLEASE CONTACT ME FIRST TO FIND OUT WHETHER SPACES ARE AVAILABLE.

IF YOU MISS A SESSION OF YOUR BLOCK BOOKING, you may attend ANY other venue, free of charge, subject to space available. Please check with me first before coming along. Some venues may be full.

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