



# NEWSLETTER

**JANUARY 2022**



Welcome back to The Heene after the holidays! Check out all the classes happening here, on the website, Facebook page and Activity Programme. Importantly, do not forget your face masks!



**Yinyasa Yoga Flow**  
New classes  
Tuesdays 6pm -7pm  
Fridays 12.15pm -1.15pm  
To book, please contact  
Amy: 07793 966427  
Or email:  
[amybetts1983@hotmail.co.uk](mailto:amybetts1983@hotmail.co.uk)



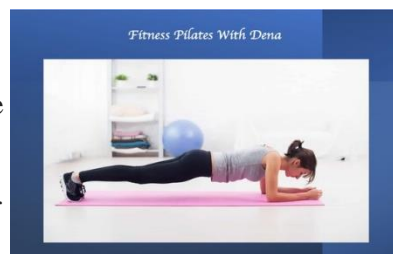
Check out our latest availability and book your party here! The Shakespeare Hall is the perfect room and can accommodate bouncy castles parties.



**Gentle Yoga with Wendy**  
Wednesday mornings  
9.30am - 10.30am  
To book, please contact  
Wendy: 07990 626442  
[wendy@wendycaules.co.uk](mailto:wendy@wendycaules.co.uk)  
Mobile: 07990 626442



**Zumba Gold**  
Now discounted block booking available -The new 'club card' is available on the website [www.zumbawithjo.com](http://www.zumbawithjo.com) that gives a £5 saving over 10 sessions



**Fitness Pilates with Dena**  
Tuesday mornings  
9.30am – 10.30am  
To book, please contact  
Dena: 07738 171799  
Or email:  
[dena.challis@hotmail.co.uk](mailto:dena.challis@hotmail.co.uk)



Monday 17<sup>th</sup> January  
9.30am – 12 noon  
Join Samaritans at The Heene for a cup of tea and a chat. What is said to be 'Blue Monday' we have turned into 'Brew Monday'.



**Clubbercise with Hannah**  
More than just a dance class!  
Monday evenings 7pm  
To book, please contact  
Hannah: 07736 297533  
Or use this [booking link](#)



**Body Breath Balance**  
New class  
Increase body awareness and confidence  
Fridays afternoons  
1.30pm – 2.30pm  
To book, please contact  
Amanda: 07833 053925



**Dancercise**  
All over 50's - Come and join us on Tuesdays at 12.15pm  
All abilities welcome. Have fun dancing and making new friends. No partners needed  
Call Jane Busby on 07860 136455 OR email – [jane@janebusby.co.uk](mailto:jane@janebusby.co.uk)

 'LIKE' & SHARE our Facebook page <https://www.facebook.com/heenecommunity> for up-to-date information