

# BAM FITNESS

## Meet the Bam team



BAM fitness have the pleasure of introducing two familiar faces to the team. Katy & Charlie have come on board permanently after providing reliable cover for Mark and I when flying and on maternity leave respectively.

## December Timetable

- Wednesdays nights Zumba in December will change to 6:30-7:30pm.
- Tabata & Circuits will come together to form one 45 minute class.
- As winter is arriving, there will be no class on a Saturday morning at Goring Gap
- BAM break for Christmas on 20th December and will resume back on Wednesday 2nd January 2019.

## CLUBBERCISE COMING SOON

I have been looking at adding this to the BAM timetable for a while, and the opportunity to qualify as a 'clubbercise' instructor has arisen. The course is in January, so watch this space.



## We say a sad goodbye to Mark

I hope you will all join me in wishing Mark all the best as he sets off on his next adventure. Mark and I founded BAM FITNESS in 2008, and watched with pure delight as it grew into what it is today. We have laughed cried and laughed some more. BAM fitness will not be the same without Mark. We will all miss him loads but 'the show must go on' and it will. We have only two changes in the timetable, a new look website launching, and a brand new class in the pipe line.

There will be a leaving do to say goodbye to Mark, with the date to be announced soon.

## Changes to classes

We have only two permanent changes to classes.

Tuesday morning Zumba at Clapham will move to **East Worthing Community Centre** from the 6th November.

I'm looking to move Thursday evening Tabata to **Chatsmore high school** and bringing the start time of the class forward to 7pm. I will confirm this change as soon as possible.

I hope that these changes will not cause any inconvenience.

## Keep up to date on social media.

Any unavoidable last minute changes will ALWAYS be announced on Facebook. So please like BAM fitness!



[www.facebook.com/bamzumbahfitness](http://www.facebook.com/bamzumbahfitness)



[www.bamzumba.co.uk](http://www.bamzumba.co.uk)