



The Circle Newsletter Autumn 2018

Welcome to the 6th Circle newsletter. We hope that you enjoy this regular bulletin which aims to update you about what's going on at your club together with some fitness and wellbeing tips.

The exciting news.....

Les Mills BARRE has arrived!

Taster classes start week beginning 3rd September.

Pick up a timetable or check on line for the times of the classes

LES MILLS BARRE™ is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

Our event of the year.....

The Circle Christmas Party

Saturday December 1st from 7:30pm onwards

Come and help us celebrate at this special time of year. You will be welcomed with a glass of bubbly, looked after with a delicious selection of canapes and entertained with great sounds from our DJ.

Dress to impress.

Book your tickets now at reception!

Free to members!! Guests £15

Studio News

Studio 6 will be opening soon

We are delighted to announce the opening of Studio 6 upstairs at the carpark level. Gradually some Yoga and Pilates classes will be moved to the studio so that members can enjoy some peace and tranquillity away from our noisier mainstream classes. Please check online each week where your class is. Instructors and reception will also be on hand to help you

Myzone is back in the spin studio

Special Circle member price of £79.99 – A £50 saving on the RRP

Find your motivation with a Myzone chest strap

Accurately track your heart rate and exercise in and out of the studio and upload all your fitness data to the Myzone app. More details available from reception.

Coming soon in October and November.....

Well Woman Yoga workshops

Aerial Circus workshops

Charity Spin vs Vibe

Charity BODYPUMP marathon

Charity Latin and Zumba marathon



The Circle Arts Centre News

Do you have a forthcoming Birthday or special occasion which you need an amazing venue for? If so ask one of the staff for more info or email functions@thecirclebrighton.com to book a viewing.

The housekeeping bits....

Fit Sense app

You can now gain access to The Circle via the double electric doors at the carpark level up the ramp. Simply download the free Fit Sense app and obtain your password from reception. Once you have this you can check in with a QR code via the scanner outside the doors. Ideal for when the heatwave ends and it's raining and cold for walking down the ramp!

Class booking procedure

Wherever possible please try and avoid booking multiple popular classes if you are unsure whether you will be able to attend. We have had many instances lately where we have had long waiting lists and then unused places. Please ensure that you cancel any classes that you can't make with as much notice as possible to enable someone else to take your place. If the class is fully booked do make use of the waiting list so that you will receive an email if a place becomes available.

Registers

Please do ensure that you register your attendance for your class either via reception or on the printed sheet. This will avoid your account being blocked.

Parking

We have a limited number of parking available to our members in the designated Circle car park area at the top of the ramp on the left-hand side. You need to display a Circle sticker to park in one of these spaces. We cannot guarantee you a space so please allow extra time to find a place. The Underground car park in the compound, on North Street and on the top right side of the ramp is not ours and you will receive a ticket and a fine if you park in these spaces.

The loving yourself advice....

Holistic management of stress and anxiety in Ayuiveda Workshop

Saturday 15th September 10:00-12:00

Following on from Dr Shijoe Mathews Anchery's workshop on Ayurveda detox we bring you his next workshop on the Ayurveda approach to mental healthcare focusing on how to deal with stress.

Members £10 non-members £12- bookable via www.circleartscentre.com