Greetings oh fellow fitness fans, the weather is very wet & the dark nights are drawing in. Our Bodies maybe craving more calories to keep us warmer. Check out my super food recipe using Quinoa which can help you lose weight & improve health, fills you up & is better than rice, high in protein and antioxidants, helps digestion & detoxifies. A Healthy & filling meal ideal as supper or take it to work.

Booty Fitness.co.uk

Zumba BOOT CAMP Circuits Combat Legs Bums & Tums

Want to burn more calories? Come to Body Blast on Tue & Thur or Circuit training on Wednesday. Come & see 4 yourself, using interval training a great way to increase fitness & blast away the fat! Visit website for more info.

Start times, please arrive at least 5-10min before start of class. Not only to ensure you have a correct warm up for safety reasons But so that our lovely table helper does not miss their class either.

oct 12 News

Notice Board

Lost/Found 1 x ladies adidas
Zip up hoodie maybe left at Highclare school?
A huge well done to Versula who has now lost 3 stone! Versula is off this week Filming in Deal or no Deal and we can expect to see her on T.V soon (o;

Wanted / needed

Have you got what it takes to be a regular table helper, if you would like to help, please get in touch. Nice friendly manor required. Good incentives offered

Get in contact!!

We would love to hear from you if you have any suggestions or comments, especially if you need any extra support on reaching your goal. Maybe you have lost weight /inches, we are hearing lots of success stories – email me yours – if it goes on our website you get a FREE CLASS info@bootyfitness.co.uk
OR contact Rebecca Charles on Facebook or 07525 414 703

GET FIT WITH OUR FAB OFFERS! Attend any of the classes on our timetable! If you don't show you WON'T lose your classes! **BUY at class Membership 1** Mini membership 6 CLASSES for £21 **£3.50** per class use over 3 months

Membership 2 10 classes for £40 get 2 free (12 classes) **£3.33** per class Use over 6 months

Membership 3 Mega membership 14 CLASSES for £45 **£3.21** per class use over 4 months.

Membership 4 Unlimited Monthly Membership £38 come to as many classes in a month.

Breaks down as follows:
3 per week £3.16
4 per week £2.37
5 per week £1.90
USE over 4 weeks

Healthy, tasty recipe

Makes 3-4 servings
Ingredients (all chopped)
1 red pepper, 1 green pepper, 1 onion, 1 courgete 1 crushed garlic clove (optional) Pinch of Salt, pepper & dried mixed herbs, 150G Quinoa (from any big supermarket)
(Can add mushrooms, peas, sweet corn or other vegetables if desired)
Soya Source to finish

Add a small amount of low fat cooking oil / spray to frying pan. Add vegetables on a medium heat for 6-8 minutes. Rinse Quinoa thoroughly, place in saucepan with approx 700ml water. Bring to boil, reduce heat & simmer for 18-20minutes, stir with fork & drain. Mix with vegetables and serve hot or cold also serves nice with meat or fish. (Sometimes I add a handful of gojo berries or raisons to the Quinoa during cooking adding a slightly sweet taste.

Class Changes

Please make a note in your diary of the following class/venue changes

Tue 9th October 9.30am Body Blast Not on (back on as normal following week)
Tue 9th October 6.00pm Zumba Not on (back on as normal following week)
Wed 10th October 7.10pm Circuits Coleshill town hall (permanently from 10/10/11 onwards) B46 3BG

Monday	**6.15pm**	**Combat Legs Bums & tums**	**Methodist Church Shard End**
Monday	**7.15pm**	**New Class (have your say)**	**The Link Water Orton starts 15th Oct Body Blast Zumba?**
Monday	**8.20pm**	**Zumba Fitness**	**The Link Water Orton**
Tuesday	**9.30am**	**Boot camp BB**	**The Link Water Orton**
Tuesday	**10.45am**	**Over 50 keep fit**	**Water Orton link *Starting soon***
Tuesday	**6.00pm**	**Zumba Fitness**	**Arden Hall Castle Brom**
Tuesday	**8.05pm**	**Zumba Fitness**	**St Pauls Bordsley Green**
Wednesday	**6.30pm**	**Zumba Tone**	**Highclare School Erdington**
Wednesday	**7.10pm**	**Boot Camp Circuits**	**Colehill Town Hall**
Thursday	**9.30am**	**Zumba Fitness**	**Emmanuel Church Wylde Green **Child-minder £1 ****
Thursday	**6.00pm**	**Zumba Fitness**	**Water Orton link**
Thursday	**6.15pm**	**Combat Legs Bums & tums**	**Emmanuel Church Wylde Green *new class 31/5**
Thursday	**7.10pm**	**Boot camp BB**	**Water Orton link**
Sunday	**10.00am**	**Zumba Fitness**	**Highclare School Erdington**

Venues

Arden Hall, Water Orton Road, Castle Brom, B36 9PB - Coleshill Town Hall, 144 High street, Coleshill, B46 3BG - Emmanuel Church, Birmingham Rd, Wylde Green B72

Highclare School, 10 Sutton Road, Erdington, B23 6QL (access at back take st George's ave off station road)

Methodist Church, School Lane, Shard End, Birmingham B34 6SJ

The Link, New Road, Water Orton, B46 1QU - St.Paul's Church, Bordesley Green, Birmingham B9 5SY

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