

Jackie Finlay's Dancercise Keep Fit Classes

Monday evenings 7.30 - 8.30 THE SPENDLOVE CENTRE, CHARLBURY

Perhaps do not know about the Keep Fit Association. Jackie is a Keep Fit Association Teacher. The Association, formed in 1956, is a non-profit making organisation sponsored by the Sports Council. KFA teachers are trained to a high standard concerned with the natural actions which are the basis of modern educational dance. One founder member was Eileen Fowler of radio keep fit days, a wonderful advertisement for skilled movement teaching who puts most eighty-pluses to shame! Now the KFA has moved on from those beginnings and has developed nationally. Jackie, a teacher for over 15 years in the Oxford area, has developed her own unique blend of her KFA training with body mechanics to provide her classes with beneficial, rhythmic exercise in a safe, educated way and emphasising a most important ingredient - FUN!

Classes provide a non-fatiguing exercise programme, improving strength, stamina and suppleness for the woman's body which will also refresh and relax. Besides toning up flabby muscles they improve circulation and aid relaxation and sleep. Regular exercise reduces the risk of heart disease, hardening of the arteries, thrombosis and hypertension.

You will have the opportunity to make new friends in an active and lively group. Simple routines, in a non-competitive atmosphere give each class member a chance to work her whole body and mind within her own capabilities and improve body skills of balance and coordination. Members are delighted with the physical and mental stimulus; the feeling of well-being together with the exhilaration of dance movements, provides a source of pleasure long after the class is over.

Overeating and inactivity produce a downward spiral. Increased activity, rediscovering your body, feeling and looking better, eating less and more sensibly, produce the sought-after upward spiral. More zest is brought into your life, reflecting in face and manner as well as in body. You will be more conscious of how your body works and is improving, which improves self-image.

Why not join us and see for yourself! The Spring term is 11th January to 22nd March, the summer term from 19th April to 28th June.

Contact Jackie at 7, Tothil, Shipton (0993) 830012, for further information.

WE STRUCK LUCKY!

Following our recent request for volunteers to reduce the average age of the magazine's Editorial Board, Mike Porter has offered to take over as Advertisement Co-ordinator from Volume 14, and Heather Derkacz, the job of computer bashing the printed page. Most of this issue was typed up by Heather, and we hope she will soon be getting to get to grips with the rather demanding task of 'desk top publishing' and preparing the floppy disks for the printer in London. Geoff Padmore has promised more contributions from the school, but we still need more articles of local interest. How about having a go?