



Healthy Vibes

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MAKE 2007 YOUR YEAR TO HAVE FUN AND GET FIT!

Bushido Academy of Martial Arts

THE Bushido Academy of Martial Arts provides private instruction in Bushido Karate, Aikido-Te, Traditional weapons and Zen philosophy, bringing traditional values to the modern world.

Flexible lesson times are available in a

number of dedicated training facilities in the area.

Self development takes many forms, including a greater sense of security, physical fitness and expertise, the discovery of self discipline, loyalty, integrity and honour - the very principles by which the Samurai lived their lives.

The Bushido Academy does not believe in large numbers, only quality and high standards; The Way of the Warrior is a difficult path. But here you could learn life saving and life changing skills.

Are you looking to develop your body AND your mind? Then contact (01252) 693122 to find out more.



● Bushido Academy.



Bushido

Academy of Martial Arts

BUSHIDO KARATE
AIKIDO-TE
TRADITIONAL WEAPONS
SELF DEFENCE & STREET SECURITY
ZEN PHILOSOPHY

Private Instruction at our dedicated facilities
You can't buy our black belt. You will have to earn it.

CALL NOW FOR AN INTERVIEW 01252 693122
www.BushidoUK.info

Amazing weightloss successes with Rosemary Conley's Gi Jeans Diet

JOIN a Rosemary Conley Diet and Fitness Club in January and you, too, could lose 1st 6lb* in just 8 weeks!

Classes are run locally by Sue Adams and Sue King, pictured with Rosemary Conley (centre).

Follow Rosemary Conley's highly effective Gi Jeans Diet with the support of others just like you, and discover how easy the diet is to follow, how effective it is and how much better you feel as a result of it.

The diet, launched in January 2006, continues to be Rosemary Conley's most successful weight loss plan ever. "I challenge you to find another diet that will enable you to lose weight faster or more healthily," says Rosemary Conley.

Rosemary says: "Every new member receives a comprehensive weight loss pack which includes a 2-week Kick Start Diet to help members enjoy fast and significant weight losses in the first couple of weeks. Whilst the average weight loss in the first two weeks is 7.25lb*, one stone weight losses during this period have not been uncommon."



In addition, each member is given a personal calorie allowance, based on their gender, age and weight, and a 160-page diet book, which is packed with dietary advice and information, to help them reach their ultimate goals. Members also receive a copy of Rosemary Conley's motivational CD worth £10.99 with their £10 membership fee.

The Gi Jeans Diet is based on eating low Gi (glycaemic index) foods with less than 5% fat (with certain exceptions, such as oily fish). Followers can still enjoy all

of their favourite treats including chocolate, crisps and cheese. In addition, one alcoholic drink is allowed per day, along with two "Power Snacks" and one 100-calorie treat, which can be outside the low fat, low Gi guidelines.

Rosemary Conley Diet and Fitness Clubs is the only national slimming organisation in the UK to offer exercise as well as diet in one class. Members receive a consultation and weigh in with the class instructor, a five-minute motivational or informative talk and a 45-minute exercise to music session.

A survey of Rosemary Conley Diet and Fitness Clubs members* showed:

- 85% of followers lost more weight on this diet than on any previous diet
 - 93% of members enjoyed exercise more since they began following the Gi Jeans Diet programme
 - 89% felt that exercise has made a difference to their shape
 - 99% said they felt healthier
 - 87% said they were less hungry on this diet than on other diets
- *The average weight loss by 382 dieters.
SEE ADVERT FOR CLASS DETAILS.

TONING TABLE

- ♥ **STREET DANCE CLASS FOR UNDER 16's Fun, Funky Fitness!**
Danceroom - Cody-Wavell Community Campus. 6.00pm Fridays.
www.fw-dc.com E mail alison@fw-dc.com Tel: 01252 843740
- ♥ **KARATE - FRIENDLY CLASS** Suitable for ages 6 to adult. Scout Activity Centre, near Farnborough airfield. Tuesdays 7.00pm-8.00pm.
Contact John 01252 673397
- ♥ **STREET DANCE CLASS FOR UNDER 11's Fun, Funky Fitness!**
Scout Hut, Hartley Wintney. 5.00pm Wednesdays.
www.fw-dc.com E mail alison@fw-dc.com Tel: 01252 843740
- ♥ **JUNE WHITE ACADEMY OF DANCE** senior grades in intermediate and advanced ballet and intermediate modern jazz, Qualified teacher in licentiate ballet.
Please phone 01252 614639 www.dancehampshire.com
- ♥ **CHILDRENS MUSICAL THEATRE CLASSES** to include singing, drama and dance held at Ancells Farm community centre.
Please phone June White Academy of Dance 01252 614636 www.dancehampshire.com
- ♥ **PILATES CLASSES** in fleet, small friendly groups, beginners welcome, strengthens abdominal muscles, reduces back discomfort increases flexibility telephone 01252 674200 www.susan-pilates.co.uk
- ♥ **STREET DANCE CLASS FOR UNDER 16's Fun, Funky Fitness!**
Scout Hut, Hartley Wintney. 5.50pm Wednesdays.
www.fw-dc.com E mail alison@fw-dc.com Tel: 01252 843740
- ♥ **ADULT BEGINNERS STREET DANCE CLASS Fun, Funky Fitness!**
Scout Hut, Hartley Wintney. 6.55pm Wednesdays.
www.fw-dc.com E mail alison@fw-dc.com Tel: 01252 843740
- ♥ **ADULT ADVANCED STREET DANCE CLASS Fun, Funky Fitness!**
Scout Hut, Hartley Wintney. 8.00pm Wednesdays.
www.fw-dc.com E mail alison@fw-dc.com Tel: 01252 843740
- ♥ **ADULT DANCE CLASSES** tap, ballet and street dance mixed ability classes held at Ancells Farm community centre, phone June on 01252 674200 www.dancehampshire.com
- ♥ **PILATES COURSE'S** starting 23rd January 07 only 4 people per class, by private swimming pool, telephone sue on 07920422029
- ♥ **JUILLETTE COOK PERSONAL TRAINING** Ladies - Overweight? New to exercise? Workout in your own home. Phone Today for your FREE consultation. Juillette Cook Personal Trainer on 01252 512832 or web www.juillettecook.com
- ♥ **50+ KEEPFIT CLASSES** Every Tuesday 10am-10.50am. Albert Street Social Club, Albert Street, Fleet. Please bring a mat and drink. For further information call Lesley Harington on 01252 615955
- ♥ **CHILDRENS BALLET** tap, street dance and musical theatre at Ancells Farm community centre, please contact the June White Academy of Dance on 01252 614639 www.dancehampshire.com
- ♥ **PILATES** improve your posture, core strength and flexibility. Classes to suit any age and ability. Rushmoor Gymnastics Academy Aldershot. Telephone Janet 01252 675421. E mail Janet1hawkins@ntlworld.com

ROSEMARY CONLEY'S Gi Jeans™ DIET AND EXERCISE

LOSE 16LBS IN 8 WEEKS*

*It really, really works!**

BAGSHOT
Bagshot School, School Lane, Bagshot
Monday 6:00 - 7:30 pm
7:30 - 9:00 pm

The Pavilion, Bagshot Playing Fields,
College Ride, Bagshot
Wednesday 09:30 - 11:00 am

CAMBERLEY
Blackwater and Hawley Leisure Centre
Hawley Green, Blackwater, Camberley
Thursday 6:00 - 7:30 pm

CROWTHORNE
Wellington College Sports Club
Duke's Ride, Crowthorne
Monday 10:45 - 12:15 am

Wellington College Sports Club
Duke's Ride, Crowthorne
Tuesday 8:00 - 9:30 pm

SANDHURST
Sandhurst Community Hall
Yorktown Road, Sandhurst
Tuesday 1:00 - 2:30 pm

SUNNINGDALE
Charters Recreation Centre, The Gym,
Charters School, Charters Road,
Sunningdale
Tuesday 6:00 - 7:30 pm

YATELEY
Yateley Manor School
The Gym, Yateley Manor School,
Reading Road, Yateley
Wednesday 6:30 - 8:00 pm
8:00 - 9:30 pm

Call Sue King on 01252 836490

* IN A SAMPLE OF 382 PEOPLE FOLLOWING THE GI JEANS DIET THE AVERAGE WEIGHT-LOSS WAS 1ST 6LBS

FARNBOROUGH
Blunden Hall, Blunden Road
Monday 6:15 - 7:30 pm

Wesley Hall, North Camp Methodist Church,
Alexander Road, North Camp
Wednesday 6:00 - 7:30 pm
7:30 - 9:00 pm

Oakfarm Community School,
Chaucer Road, Cove
Thursday 10:00 - 11:30 am

FARNHAM
Farnham Memorial Hall, West Street
Tuesday 6:00 - 7:30 pm

Weybourne Village Hall, Weybourne Road
Thursday 6:00 - 7:30 pm
7:30 - 9:00 pm

FLEET
Ancells Farm Community Centre,
Ancells Farm, Fleet
Wednesday 6:00 - 7:30 pm

Call Sue Adams on 01252 337733



** Class Fee - £5.50
Membership Fee - £10
Valid until 31/01/2007
Cut out this ad and bring it with you to claim free membership



HAVE A FUN AND FIT NEW YEAR

Free Membership** when you join Premier Club!

For more details call 01509 620222 or visit www.rosemary-conley.co.uk