

The Haddington Bridge Centre Keep Fit Classes – 2014 -15

It's hard to believe another year has flown by and we're at the annual report time again.

I have now been taking the keep fit classes for a whopping 25 years I hope you're all very impressed? Not bad considering I only took on the 'job' on a temporary basis! The time has flown by and I still loving teaching so we'll just carry on for another 25 years!!!!

After the summer break in August 2014 we came back on the Thursday evening first. We did the mini circuit training as usual. It proved very popular as usual. Due to my other work commitments I can't afford the setting up time to do the circuit training for any length of time which is a shame. One day! There is also a lot of competition out there on Thursday evenings but my trusty members keep coming, which is the main thing.

We are now doing more high intensity interval training which everyone seems to enjoy. Means a lot more huffing and puffing and I have to think faster!

The Tuesday class numbers still remain pretty good most weeks and the 'gang' all get on really well and we do have fun!

We now only have one wee one in the crèche looked after by Jenny.

Below are a few pictures from our mini circuit's classes



Left: calm before the storm



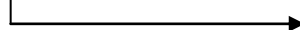
Right: the Tuesday ladies – hard at it!



Left: Thursday's class – phew this is hard going!



Right: Yep, Tuesday again!



We went for our annual night out in March. This was a special one as it was my 25th anniversary. This year we went to the Waterloo Bistro and great fun was had by all. The food and company was spot on! Some of my 'old' girls came along too which was wonderful. One of them had been at my very first class. What a laugh that was!

Thanks to my ladies for my beautiful flowers and brilliant card, to Fran for my Minion (if you don't know what that is ... ask your kids!) and a big thank you to the Bridge Centre for my Stobo Castle voucher, which I will be putting to good use in the summer (already booked).

Here are a few photos of our evening. See if you can recognise anyone! Thanks Fiona for taking the majority of the pictures and for sorting out the bill at the end of the evening. You did a good job! It pays to have a driver present!



I'd like to say a big thank you to my long-standing crèche worker Jenny who loves looking after our 'babies'.... well it's our grandbabies now!

A big thank you to the staff who keep everything ship shape and a big thank you to Joe who keeps the garden beautiful. My sunflowers are taking off now after a slow start!

Thanks must also go to Nettie who sorts out our Admin for us.

Finally thanks to Doug who puts up with our moans and groans but is still smiling!!!! 😊 Should I thank you for my Courier article! Hmm! OK – thanks – I’ve never been so recognised in my life!

That’s all for this year folks. Until next time!

Your Fitness Guru

Kath 😊