

Coach House Fitness Newsletter July 2011

- Tour de France Spin sessions
- Pilates class cancellations throughout August.
- Kids Kickboxing starts September
- Social Media

TOUR DE FRANCE SPIN SESSIONS

It's a Tour de France special this month! We have two Spinning / indoor cycling classes at [Coach House Express Keiser](#) where we will take you through cut-down versions of stages of this years Tour.

On Monday (July 18th) Jan will guide you through [Stage 19](#) and on Wednesday (20th) I'll be talking, or breathlessly panting you through what's involved in [Stage 18](#). Being bumped off the road by French TV cars is guaranteed not to happen and you can enjoy an intimation of how tough a Tour stage is whilst keeping both collar bones intact. Other than that it should be an authentic - and actually a great fun - experience.

Book in for Monday with [Jan](#), or Wednesday with [Mike](#).

Jan and I have quite a bit of experience riding in the French mountains so we have a good idea of what's actually involved in the gruelling splendour of these stages. Ride them yourself, watch them a day or so later.

PILATES CLASSES: AWAY DATES THROUGHOUT AUGUST

As some of you already know I will be away for most of August. For some private classes I have been able to arrange cover but for public classes I will have to cancel all EXCEPT these dates;

Tuesday, August 9th at 13.00.

Tuesday, August 31st at 13.00.

Monday, August 29th at 19.00 (Bank Holiday Monday)

Many apologies for the cancellations. Back to usual in September.

NEW KICKBOXING CLASSES.

Liam's Kickboxing classes at Coach House Express Keiser have been going so well he's going to add more. A kids-only class gets going on Tuesdays at 5.30 (an hour before the adults class), starting on September 6th. There's a good chance of another class to come, too - we'll keep you informed.

These classes are well attended so do book in advance. Contact [Liam](#) for more details.

THE COACH HOUSE GOES SOCIAL MEDIA



In place of the Newsletter Tips of old, I'll be updating (and linking together) a [Facebook](#) site, the [Blog](#) site and local press [articles](#).

Aiming to steering clear of the 'what I had for breakfast' theme prevalent on these type of sites, I want to give you useful health and wellbeing tips - nutrition and exercise news and re-search - as well as the articles I write about fitness for local papers.

There'll be updates on classes, general news about the Coach House and the odd freebie, like a holiday workout programme that I'll put up over the next week or so. (And perhaps, tucked away, some "what training I did before breakfast", for anyone interested enough to seek it out).

If there's anything you'd like to see up there please let me know. I'd like to make the Coach House social media actually useful.

Hope to see you soon.

[Mike Edwards](#)