



North Cornwall Dance and Fitness

Issue 1

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Welcome & thank you

All of your support since the launch of NCDF has been incredible and there's a surprise gift on its way to those who have been with us since the start. The family currently consists of 23 regular members, 20 pay-as-you-goers, and 15 new signups. Let's keep moving together!

Exciting Plans for the year: Promoting Healthy Active Lifestyles

This summer I'm taking us to the local **carnivals**, where we'll represent healthy active living in all its forms. In the autumn, I'm hosting a small **showcase** so your loved ones can check out your impressive new skills. I'm also excited to offer "**Mind & Movement**" **workshops**, led by a team of industry professionals, covering contemporary dance, yoga, pilates, and other wellness practices.

Pricing (important memo)

Please book sessions in advance, this helps with venue hiring and emergency registers. Members can book through their account, while PAYG movers can book online and pay in person. Booking ahead also secures a spot in busy classes and prevents class cancellations due to low attendance.

Coming up next

Wellness Warriors is coming to St. Breward (20th Feb - 10am) and Helland (1st March - 10am). **Free trial** on both launch days!

As promised, now we're up and running, additional investments are being made into more equipment, this month it's hurdles, hula hoops, and extra yoga mats. Many more goodies coming soon!

Special Shoutouts!

Every newsletter, a few special stars will win themselves some NCDF merch. I'd like to start by celebrating the following people:



Charles - Massively improved listening and coordination.



Maria - Always dedicated, cheerful and ready to learn!



Sarah - Increasing in confidence and skill every session.



Poppy - Supporting the creation and delivery of wellness warriors.