

**13 WEEK PROGRAMME STARTS W/C 1st September**  
*Better health, the easy way...*

# TAI CHI QIGONG

Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. People do Qigong to maintain health, heal their bodies, calm their minds, and reconnect with their spirit. The gentle, rhythmic movements of Qigong reduce stress, build stamina, increase vitality, and enhance the immune system. It has also been found to improve cardiovascular, respiratory, circulatory, lymphatic and digestive functions.

**PROGRESSIVE HALL, NORTH BRADLEY, MONDAYS 930am - 1030am**  
**COMMUNITY HALL B, LEIGH PARK, BA13, TUESDAYS 630pm - 730pm**  
**COMMUNITY HALL, MARKET LAVINGTON, MONDAYS 630pm - 730pm**

To join any of the classes you need to book and pay for your space as soon as possible. Either send a cheque made payable *Mr A Wright* for £58.00 and post to: 58 Field Close, Westbury, BA13 3AG or go on the website and book (teshop).  
 Further limited details are available on 07811 910214  
[www.chikung4health.com](http://www.chikung4health.com)

# START A NEW COURSE, LEARN A NEW SKILL, KEEP FIT & LOSE WEIGHT

## A White Horse News special pullout

<b>KARATE KID 2014</b>  Exciting Karate classes <b>FIRST TWO CLASSES FREE</b>	<b>KICK BOXING WESTBURY</b> <b>WESTBURY</b> For Ultimate Fitness and Physical Transformation Instructor: Master Tony Preston 5th Degree Black belt, Han-Kuk Mu-Do Korean Kickboxing For that First step to a new you! <b>FIRST TWO LESSONS AND SUIT FREE.</b>	<b>TAMASHII WESTBURY</b> This exciting new Martial Art teaches students how to de-stress, maximise fitness, tone-up and learn practical self-defence.  <b>FIRST TWO LESSONS FREE.</b>
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Contact Tony Preston, 5th Dan on 01373 859777 or 07835 714796  
 7 Washington Road, West Wilts Trading Estate • [www.blackbelt-zone.moonfruit.com](http://www.blackbelt-zone.moonfruit.com)

# JUST SO DANCE LOVE TO DANCE?

Just So Dance offers classes to children aged 3+. The school in Westbury, Wiltshire has been successfully growing since July 2007 and welcome all new students in the art of dance. For more information and enquiries contact Stacey Oliver on 07828 463467 or email [stacey@justsodance.com](mailto:stacey@justsodance.com)

- ✓ Uses dance syllabus
- ✓ CRB checked
- ✓ Fully qualified
- ✓ Modern, Tap, Jazz, Ballet & Hip Hop

[stacey@justsodance.com](http://stacey@justsodance.com)

# A.C.T.S THEATRE ARTS SCHOOL

*"A CHANCE TO SPARKLE"*

Quality performing arts training for 6 – 17 year olds led by a team of professionals in the theatre arts! – NOW ENROLLING  
 Saturday mornings 10am-1pm in the Athenaeum Centre, Warminster.  
 6 – 8 year olds HALF PRICE

Limited places available!  
 Apply early to avoid disappointment

E-MAIL: [enquiries@actstheatreschool.com](mailto:enquiries@actstheatreschool.com)  
 WEBSITE: [www.actstheatreschool.com](http://www.actstheatreschool.com)

Isn't it time you got back into

# shapes

## SELECTIVE EATING

Read our members stories  
[www.shapeslimming.co.uk](http://www.shapeslimming.co.uk)  
 Follow us on  
 Facebook/[shapeslimming](https://www.facebook.com/shapeslimming)  
 Tel: 01380 828372

# DEB'S DANCE FITNESS

AT LEIGH PARK COMMUNITY CENTRE UNLESS STATED

**JUST JHOOM** - Every Monday 7-8 pm & Wednesday 6.15-7pm (class: £4)  
 Bollywood dance fitness. All ages. Under 16s to be accompanied by parent.

**MONDAY MOVIN AND GROOVIN**  
 Parent and child dance fitness class and parachute play 10-11am, Child 7+.  
 Adult £5 child £1. Price includes ice cream

**ZUMBA TONING & DANCE FITNESS**  
 Wednesday 7.30 pm.  
 Warminster Civic Centre with Deb & Mike

**ZUMBA TONING & DANCE FITNESS**  
 Tuesday 7.15 pm.  
 Pavcroft Mead Community Centre, Trowbridge with Deb, Mike & Erick.

**FITNESS PILATES** - Wed 9.45-10.45am  
 Mind body workout for core & back strength.

**ZUMBA GOLD** - Every Monday morning 11.30am & Wednesday morning 11.30 am.  
 For 50+ and beginners. Music from 50s to 80s

**FITSTEPS** - Every Wednesday 8pm  
 Dilton Marsh Village Hall with Alison. Workout inspired by Strictly Come Dancing.

**FITSTEPS** - Every Thursday 8.30pm  
 Curves Gym, Mill House, Trowbridge. The workout with all the flair of Strictly!

**PILATES/UNITE** (Yoga & Pilates) - Every Thursday 8pm Improving core strength & helping with back pain, posture & relaxation.

ALL CLASSES £5 PER SESSION OR £20 PER MONTH (PER CALENDAR MONTH)  
 For all information and booking on all my Leigh Park community classes email: [debbiebailey4@sky.com](mailto:debbiebailey4@sky.com). Mob 07941112893 or 01373 826878

# DYNAMIK-BODYZ GYM

**FREE INDUCTIONS & PROGRAMMES FOR MEMBERS**

- Bokwa • Core conditioning • Muay Thai
- KETTLERCISE • Circuit training

**TERM TIME MORNING BOOTCAMP CIRCUITS**  
 MONDAY & THURSDAY 10AM  
*Starts 8th September*  
 £5 a session or £8 for both or 6 weeks up front £40

- Sunbooth • Sauna • Punch bags
- Sports supplements, gels & bars for sale

**JOINT MEMBERSHIPS FROM £25 (EACH)**    **PAY AS YOU TRAIN £5**

**HOME OF DynamikBeauty**

- Waxing • Shellac/Gelish • Massage • Eyelash extensions etc

**DERMACO FACIALS** £40 EACH  
 COURSE OF 10 £280

Unit 3, Wessex Business Centre, Meadow Lane, (off Station Road), Westbury Tel. 01373 864624

# frome is learning!



NEW LEISURE CLASSES & WORKSHOPS COMMENCE  
 22 SEPTEMBER 2014

# fce

FROME COMMUNITY EDUCATION  
 FREE BROCHURE AVAILABLE NOW!

CALL INTO OR PHONE THE CHEESE & GRAIN TO BOOK  
 01373 455420

[www.fromecommed.org.uk](http://www.fromecommed.org.uk)  
 learning for the community, by the community

# love life love Slimming World

Join a warm and friendly group near you today...

**MONDAYS**  
 At Leigh Park Community Centre  
 3.30pm, 5.30pm & 7.30pm  
 Tel: Juliet - 01373 830925

**FRIDAYS**  
 At Westbury Conservative Club  
 9.30am & NEW! at 11am  
 Tel: Hannah 07909 441466

save up to £5 - ask in group for more details

scan here or visit the website to read Tina's story  
[slimmingworld.com](http://slimmingworld.com)  
 0844 897 8000

*Slimming WORLD*  
 know you're amazing