

## Christmas and New Year arrangements

All groups will continue throughout the Christmas holidays except in December: Tuesday 24<sup>th</sup>, Wednesday 25<sup>th</sup>, Thursday 26<sup>th</sup>, Tuesday 31<sup>st</sup> & Wednesday 1<sup>st</sup> January 2014.  
**Charity Boxing Day Run.** Meet at Costa's coffee, Wyndley at 10.00am for 10.15am start.  
Park at the Town Gate entrance.

## Price increases from 1<sup>st</sup> January 2014

I find it necessary to make a modest increase to prices from 1<sup>st</sup> January 2014. This is 3 months later than for new members as the new prices apply from 1<sup>st</sup> October. The new prices are:

- £10.50 (£7.50) one session per week
- £17.25 (£11.75) two sessions per week
- £21 (£15) unlimited sessions

This is the first price increase since 2010 and prices go up by 8-12p per session. I will be emailing all members shortly so that you can amend your standing order accordingly.

### 20% off @ Sutton Runner - Key fob required

Monday 14<sup>th</sup> October until Friday 18<sup>th</sup> October.  
(late opening Thursday 17<sup>th</sup> until 7pm)  
268 Jockey Road, Boldmere, B73 5XL

### New Charity for 2014?

SE Fitness Leaders vote for which charity we support each year. This will be announced at the Christmas Social. If you have a special charity in mind why not speak to your leader.

### Hivis

Please ensure you have your hivis for the evening groups. Available from SE Fitness at £8

Know anyone who might like to come along to our

### Free Taster Sessions

Saturday 19<sup>th</sup> October @ 8.45am

### Invite a friend

Meet at Wyndley Leisure Centre Reception,  
Book your FREE place with Michelle on 07757 113814  
or email sally@sefitness.com

**Long Saturday runs (7-8m)** Run Fit 2 and Run + on 2<sup>nd</sup> November (normal fees apply). Join us for a chat over coffee at Costa's after the run. Other dates 7<sup>th</sup> December, 1<sup>st</sup> February

## Christmas meal & disco

Moor Hall Hotel (Charter Suite) on Tuesday 3<sup>rd</sup> December at 7.30 pm for 8.00 pm  
Cost £28 by Saturday 26<sup>th</sup> October.  
Cheques only (payable to SE Fitness) in an envelope with your meal choices. See below.

Name \_\_\_\_\_ Contact no. \_\_\_\_\_

I enclose £28 (payable to SE Fitness). **Circle your choices** and return in envelope with cheque

### Starters

Tomato and basil soup with cheese croutons (v)  
Prawn and crayfish salad, seafood sauce  
Duck liver parfait, cherry compote and rustic breads  
Tian of melon & pineapple with Mojito syrup (v)

### Dessert

Traditional Christmas pudding with brandy sauce  
Chocolate mousse with orange tuile  
Lemon cheesecake, shortbread biscuit  
Followed by freshly brewed coffee & mince pies

### Main course

Roast Warwickshire turkey with trimmings  
Sirloin of beef, cooked pink, shallot & tarragon gravy  
Rolled fillet of plaice with Romesco sauce  
Risotto cake served with ratatouille (v)  
Moroccan spiced tofu with vegetable cous cous (v)

All the above served with a panaché of fresh vegetables including sprouts and roast potatoes