

LifesCycle Life



Top News -Africa Charity Ride Sunday 7th August



**Andy's Charity Africa Ride
Sunday 7th August at 6pm
<http://www.thebookbus.org>**

Bookings being taken now for the African Ride for Andy's Volunteer Trip to Zambia - where he will take his storytelling and puppetry skills on the Book Bus. All proceeds go towards the trip and the children of Livingstone. Experience the sights and sounds in this ride for all. New music and film.



With the amazing **Pepe Santamaria** on percussion Raffle, slideshow, nibbles, drinks & more. www.lifescycle.co.uk & booking system. Newbies welcome so please bring your friends. Non Spinning family and friends very welcome to come along and enjoy the African atmosphere for a donation to the fund. There will be some information about the experience from Joanna another spinner and Book Bus volunteer. Creator of our logo, Viz writer and top children's author John Fardell will be there to read a story...the book will be going to Zambia with Andy....



The Ride is £10 - really good value as team of instructors and live percussion Non Spinning family and friends very welcome to come along atmosphere.



Yip Yip Yip

Tour De France LifesCycle Special

The hour and a half ride was led by LifesCycle's Hugh McInnes and accompanied by Andy Hunter. Superb sounds, visuals, a great turnout, good fitness fun had by all. Thanks to all those who came along for the ride and stayed for the chat afterwards. Few requests already for the ride to be repeated - so perhaps at the start of the new season...

Everything Else

Lots been happening over the start of the summer with the big June event kicking us off.....lots more to come - so please keep coming along to the Wonderful World of LifesCycle....footage of the Event still to come...

Westhighlandwayinaday

Hugh McInnes did the West Highland Way Epic Ultra Run - supported by lots of you at LifesCycle - well done Hugh and thanks guys for keeping him going!

**“Equilibrium.....
don't fight the
bike!**



CYCLE USA

The Cycle USA boys did their massive bit for Maggie's and completed the Ride of a lifetime- amazing! <http://www.cycleusa2011.com/> And have raised £13,000 in the process for Maggie's. Thanks to all at LifesCycle who helped support them on their way by adding to the fund or by posting supportive comments.

YOU can still read their fascinating blogs there and on Facebook and you can also still donate to this great cause. It's Maggie's 15th anniversary this year, so the lads are aiming to get the total to £15,000

~~PILATES~~ Jane is coming to LifesCycle- Please check out her

website www.edinburghsportsmassageandpilates.co.uk and email enquiries@edinburghsportsmassageandpilates.co.uk She looks forward to starting 1hr classes from Saturday 6th August 945am for a x5 week block.

SPECIAL NEWS !!!!!!! YOGA

LifesCycle is excited to welcome a complementary energy into the Wonderful world....

Shtanga Vinyasa Yoga - Powerful and dynamic on many levels. A set series of postures are linked dynamically to the breath in a flow of movement. This will increase your strength and flexibility. When the set sequence of postures becomes familiar, the mind relaxes and the practice can become deep and meditative, yet still dynamic.

Vinyasa Flow Yoga - Powerful and dynamic on many levels.

These sessions combine the fluidity of Ashtanga Vinyasa Yoga with a varied sequence of postures. The structure depends entirely on what is going on that day, therefore no class is ever the same! This allows you to practice different postures and techniques each time you come to class.

Yoga Classes at LifesCycle – see website for more info

with Susan & Kat

reconnect – feel – relax – strengthen – realign – flow – stretch – earth – live – breathe

5 week term Monday 25th July - Sunday 28th August 2011 inclusive £10 to drop in or SAVE MONEY, book 5 classes (with the same teacher) £45

Monday - 19:00-20:30pm - KAT - Ashtanga Vinyasa Yoga

Wednesday AM - 7:00-8:30am - KAT - Ashtanga Vinyasa Yoga

Wednesday PM - 18:00-19:15pm - SUSAN - Vinyasa Flow Yoga

19:30-20:45pm - SUSAN - Vinyasa Flow Yoga

Thursday - 18:00 - 19:30pm - SUSAN - Vinyasa Flow Yoga

19:35-20:45pm - SUSAN - Vinyasa Flow Yoga

Book soon to avoid disappointment!

Email Susan – wee-yogi@gmail.com

web – www.wee-yogi.co.uk

Email Kat – katyoga@gmail.com or call **0777 136 5550**

web – www.kat-yoga.com **ALL LEVELS WELCOME**



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LETTER FROM ANDY

Dear All

I want to extend my welcome to Lifescycle to new people who have never been Spinning before.

My name is Andy Hunter (Spinning instructor at LifesCycle) I want to take this opportunity to invite all new spinners to my classes for a free taster session.

Come and try for yourself the fun and feelgood session in which I guarantees to make you convert your attitude towards exercise and really want to take up spinning not only as a sport but using it as a way of helping rejuvenate your lifestyle.

I genuinely believe that my class at Lifescycle can help improve your quality of life by making you feel good about yourself whatever your level of fitness.

This class is designed for all regardless of age and ability and will help you to feel happier and stronger mentally as well as physically. We all need to take time for ourselves, to look out for and care for each other if we don't do this no one will, we must take control.... come to LifesCycle and look after number one for a change.

There are all kinds of reasons why many of us find it hard to start exercising - our day-to-day lives require a lot less physical activity than in our grandparents' or even parents' day. Most of us own cars and rely on them to get around, and more and more people spend hours sitting in front of computers.

Regular exercise can help you achieve and maintain an ideal weight, which can be important in managing many health conditions, or may just make you feel happier about your appearance.

Thank you for sharing

ANDY

ANDYS CLASSES ARE: MONDAY 6.30pm (6pm set up and induction. WEDNESDAY 7.30pm and Saturday 11am (set up at 10.45)

