FRAMPTON FOCUS



OCTOBER/NOVEMBER 2018

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Pilates		Maxine 07855 377939		07855 377939		
Hand Bell Ringers		Maria 722191		722191		
Keep Fit and Dance and Beginr	ners Tap	Jo Sutton 723971		723971		
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FRAMPTON VILLAGE HALL AVAILABLE FOR HIRE



AVAILABLE FOR HIRE Please Call Joanne Plummer on 07902510126 (after 6pm please!)

ST MICHAEL'S CHURCH HALL Available for Hire

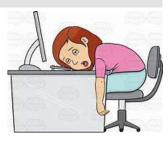
£6.50 per hour for regular bookings £8.00 per hour for single bookings For details phone Myra or Keith on

01205 722013



Editor

The temperatures are cooling the sun is not so constant the lawn is still growing but not as quickly and it is definitely greener than it was a few months ago! On the 'green' theme, while I was baking an apple frangipane last Friday afternoon and realising I had to dash out for cream, I called into the village hall to see what will be happening at the proposed Boston Alternative Energy Facility. I asked for a press pack ...they didn't have one but said they had mailshot via the Royal Mail to 26,000 homes in the immediate area. Honestly I hadn't received one and

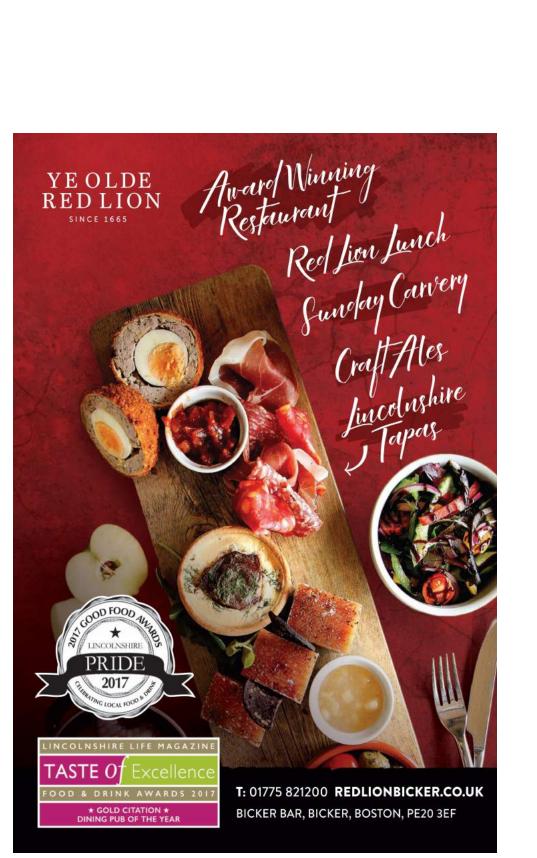


apparently neither had most people who had been to see the display that day. They are looking into this. The display was very interesting. What I learnt was the location of the three plants they are proposing to build will be The Riverside Industrial Estate. Energy produced via the manufactured Syngas which is basically synthetic methane will power approximately 185,000 homes the residue will go back into powering the plant. The fuel (RDF) ... refuse derived fuel.. will arrive by ship to the new wharf they are building next to the plant. They are expecting 11 ships a week and to employ 80 people. They want to liaise with local colleges to offer apprenticeships. They stress this is non combustion and there is no incinerating and no competition for recycling plants. I asked what came out of the tall chimneys and was assured all that came out would be water and carbon dioxide. I asked about odour and was told there would be very little and what there was would follow strict governmental guide lines as would noise from the plant. I was surprised that should permission be granted to proceed it will come from the Secretary of State and although Boston Borough Council will have a say ... the decision will not be theirs. Trying to keep a fair and open mind was hard when I realised that as the crow flies the plant is less than 3 miles from me and I admit to some 'not in my backyard' feelings while I do actually embrace green energy, I do wish this was going to be built away from Frampton and Boston, in that mythical place where no one lives but everyone can easily commute to. There will be more open days and events after Christmas so if you missed it this time you may want to to visit www.bostonaef.co.uk where you can read more and start to draw your own conclusions. On page 31 you will notice a plea from our team here at the Focus for a Jenny replacement in the new year. These will be big shoes to fill, you will not be paid, but you do get to meet some amazing people, sell advertising space and work in a very friendly team. For those of you who have been asking where David our Bee man has

gone, he has been having a well earned rest from writing and we hope to see him back very soon. Frampton Parish Council will now be doing a regular column keeping us up to date with their news and plans and this month there is an invitation to us all to go to the lighting of the beacon at 7pm on Sunday 11th November 2018. This will be one of many beacons lit to commemorate 100 years since the ending of World War One. Names of the local fallen will be read out. These nationwide commemorative events have been devised and coordinated by Bruno Peek LVO OBE OPR (Royal Pageant Master). The beacon is definitely a sight to behold when it is in full flame. I have mentioned Christmas once already ... And by the time you read this there will be almost 85 sleeps till it arrives......Finally... Mr and Mrs Rex Barber Congratulations check out page 25!

Enjoy!

Vanessa Jameson



RSPB....Signs of the Season



All the leaves are brown and the skies are grey. So sang the Mamas and the Papas in their 1965 hit California Dreamin'. But why do we see the change in colours at this time of year?

Well, the grey skies seem easy to explain as weather fronts race across the Atlantic. But why now? Well, the shorter days means the air is heated less, meaning cold air from the Arctic can push southwards. There it meets the water of

the Atlantic, still holding the warmth of the summer. This meeting generates the clouds of weather fronts, which then cross the ocean to dump lots of rain on top of us.

So much for the weather, what about the leaves? The leaves of trees are essen-

tially solar panels. They trap the sun's energy to give life to the plant. You may remember from science lessons that a chemical called chlorophyll is used to do this. It is this chemical which gives leaves their green colour. Well, actually there are another two chemicals which also help trap the sun's energy. One of them has a yellow colour, another red (which is why you get some trees like copper beech that don't have green leaves). Chlorophyll is quite a short-lived chemical; the tree



needs to continually replace it, while the other two are more stable. When it gets to this time of year and there is less daylight, it is no longer effective for the tree to keep the process running. So they shut their leaves down. As the chlorophyll disappears, the green colour fades to be replaces with the reds and yellows of the other two chemicals. Eventually the leaves drop from the trees to form the multicoloured carpet we all know.

All seems a bit of a waste though, doesn't it? The trees spend ages making the leaves, and then they just fall off again. But this seasonal striptease does have some very positive benefits. For example, it is a banquet for many smaller creatures. Attacked by fungi, mould and bacteria, the leaves start to break down and provide a lovely source of food for millipedes, woodlice and the like. All this breaks the leaves down further, returning the nutrients within them back to the soil, ready to be used the next spring. Both for more leaves for the trees, but also all the beautiful spring flowers that we love. It may seem that autumn is a time of things dying and disappearing. But in reality it is setting the scene for next year's growth.

Chris Andrews rspb.org.uk



St Marys 100 Club Winners

August £25 N

Number 22

Mrs J McIntee

September £25 Number 43 Mrs V Jameson

Entry for the draw costs only £1 per month and can be paid monthly, yearly or any amount in between and you can join anytime of the year. Half the money received is returned in prizes. If you would like to take part please contact

FRAMPTON HISTORY GROUP

Autumn programme 2018

Mon 15 October Some Norfolk Churches – Pat Pomeroy.

We are fortunate to be near Norfolk which has some of the most attractive and interesting churches in the country.

Mon 22 October Bastions of the Air – Brian Riley.

Brian has been involved with creating an exhibition celebrating the RAF's centenary. His talk concentrates on the RFC/RAF in World War, with Lincolnshire playing an important part.

Mon 29 October The Boston Hansa – Mike Peberdy.

You may have read in the local paper that Boston is now involved with the modern Hansa. Mike will tell the story from 1150 to today and also tell of the plans for the future.

Talks start at 7.30pm in St Michael's Hall, Frampton West, and cost £3.50 each (including tea/coffee/biscuits) or £9 for the three. Everyone is welcome!

If you would like more information call Joan on 01205 722744.

Cover Photo by Phil Jameson

A Good Read...Tom Sutton

The Secret Pigeon Service by Gordon Corera

Having recently retired this year on April 1st, April Fools Day, I thought it the most appropriate date for someone to retire who has spent the past 50 years working as a comedy entertainer. My final contract saw me flying out to the island of Bali and returning 10 days later from the equally exotic Kota Kinabalu. I always said that once I finally retired I would return to a sport that I had a modicum of success with over 40 years before, the sport of pigeon racing. Arriving home on April 2nd, my wife Joanne, gave me a book as a retirement gift, 'The Secret Pigeon Service subtitled Operation Columba, Resistance and The Struggle to Liberate Europe, by Gordon Corera, who is the BBC's security correspondent. A powerful, tragic and true tale of wartime espionage, the book brings together the British Intelligence Services and the Belgian resistance movement.

The principal player in this is a Belgian priest called Joseph Raskin, who formed a resistance group known as Leopold Vindictive. The RAF had dropped pigeons by parachure into Belgium with a questionnaire attached asking the locals to provide vital information which could then be sent back to England attached to the pigeons leg when the bird was released. Raskin did this, but many didn't for fear of the German reprisals while others due to rationing ate the pigeons to supplement their diet. The story is basically about the bravery of Joseph Raskin and other resistance members and the inept bureaucratic jealousy between M16 and Churchill's SOE and to a lesser extent M15, which caused the needless deaths of both British Agents and members of the Belgian resistance.

A fascinating book to keepers of Racing Pigeons and anyone interested in the work of the Resistance Movements in Belgium, Holland and France during World War 2.

Camino Island by John Grisham

I admit to being a fan of the writings of John Grisham and have read almost all he has written. I recently picked up a copy of Camino Island, which is a step away from his usual genre of courtroom battles. It starts when a group of thieves stage a daring heist from a vault in Princetons University's Firestone Library. The main protagonist is Bruce Cable, who runs a book shop on Camino Island, but who is not averse to the occasional shady deal concerning rare books or manuscripts. The authorities are convinced he has knowledge of the missing papers but can't prove it. They convince a struggling novelist Mercer Mann, to go under cover to investigate the charismatic Bruce Cable, which leads to romance of a sort but no closure for the authorities. An easy and enjoyable read.

Frampton Parish Council

Hello Parishioners

This is our first regular update appearing in your local magazine informing you about what your Parish Council is doing for your community.

Its been a busy summer and we are working hard to install wifi into the local community centres. Church House Village Hall already has this facility with Hubbert's Bridge following shortly.

We are being informed from Boston Borough Council regarding what street lamps need replacing. Although we increased our precept over the last two years we have to



be very careful regarding what lamps need replacing and when. We have also had two instances where Farmer's have damaged lights with only one admitting the offence and claiming on their insurance. The cost over replacing a street lamp can be up to £1050 plus VAT which is almost 7.5% of our annual precept. We ask all Residents to be vigilant and if they see an incident regarding damage to street lighting (or indeed hedges etc) please either phone me or email me.

Please take time to visit our website at parishes.lincolnshire.gov.uk/frampton/ where you will find a wealth of information. Any suggestion for further section please email me at framptonparishcouncil@yahoo.com Regards Alison, Parish Clerk, Frampton Parish Council. tel: 01205 612120



You are invited to attend the lighting of the Frampton Millenium Beacon At 7.00pm on Sunday 11th November 2018 to commemorate 100 years since the ending of World War 1

Join in with thousands of people attending Church Services, war memorials, and the lighting of Beacons around the Country on this Celebration of Remembrance.

A poem of tribute to the Nation and the names of the Fallen will be read prior to the lighting of the Beacon.

Please join us at the Beacon on Framp-

ton Roads approximately one mile from St Marys Church on the road to Frampton Marsh.

Frampton Gardening Club



I am writing this as one of the best summers we've had for many years melts gently away into Autumn, no "mists" as yet, but as Keats said, a "season of mellow fruitfulness ".Most people are reporting an abundance of soft fruit, apples, pears and plums, and those fortunate enough to grow apricots and nectarines and melons in their glasshouses, are positively smug at their success this year. Our own greenhouse had only humble tomatoes and a single cucumber, but him what does, has kept

us, plus friends and family, supplied for three months of delicious tomato heaven, and plenty for the freezer.

The hot summer has had some surprising results, not just hours of watering to keep any newly planted tree or shrub alive, pathetic crops, (beans? What beans?) and grovelling to friends and neighbours to show mercy on our parched flowers in pots while we were away, but what happened to the dahlias? They have sulked in my garden until September and are only just beginning to flower, our only consolation being that Monty Don (he who must be obeyed) has the same problem. Does anyone else's husband

actually leave the room when " jobs for the weekend " comes up on Gardeners World? In spite of all these trials and tribulations the Frampton Gardening Club Produce Show in August, was a wonderful success, and is becoming a much anticipated annual event for entrants and members alike. Everyone gets to be a judge, and if the lip smacking, finger licking tasting was anything to go by, all the delicious homemade cakes, jams and pickles were judged extremely well! Large vegetables were scrutinised, beans counted, flower arrangements admired, tomatoes appraised, individual flowers and many other classes all judged by ballot of the members, and of course all those cakes had to have a second tasting, just to make sure. Individual winners of each class were awarded prizes of packets of spring bulbs, again provided by Taylors Bulbs of Holbeach, who sponsored our



produce show for the second year. We are extremely grateful for their generosity in supporting our village gardening club and all our winning members gardens will bloom even more beautifully with tulips, daffodils and other spring bulbs supplied by Taylors. The Bill Castle memorial plate awarded to the overall member gaining the most points was won by Tom Sutton with his outstanding basket of homegrown fruit and veg, a very worthy winner.

The evening was rounded off by a buffet supper and the members had lots to discuss as the results were announced. If any of you fancy showing off your Gardening expertise, or would like the chance to judge others, come along to Frampton Village Hall on the last Thursday in the month (first month free) at 7.30pm and by next year it could be you getting a hearty round of applause and a prize. And if you just want a good night out with friendly folk, as well a learning a bit more about gardening, there's always the promise of those cakes.

Maggie Welberry

Frampton WI

The ladies of Frampton WI have had a busy few months. In July we had a speaker from the Jerry Green Dog Rescue, and accompanied by her lovely dog. We learnt all about the history of the centre and the great work that they do, and she went away armed with a vast array of donations from our members – blankets, towels, dog treats, toys and food. We hope the dogs liked them!



One scorching Sunday in August a treasure hunt was arranged around the village, followed by a delicious afternoon tea in the beautiful garden of our President, Vanessa. There was a huge selection of cakes, and a good time was had by all who attended.

Some ladies had a fabulous lunch at Kirton Cottage – such a gem of a restaurant to have locally, and a return visit from our members.

We have an ever-growing book group, which is giving us the opportunity to read books that we may not always think of reading. Not all books are enjoyed by everyone, and it leads to a lively discussion. We also run a craft group each month, and it is amazing seeing some of the crafts produced by our talented members. It also provides a chance to try new crafts.

Other activities - we entered a display in the Kirton Church Flower Festival based on Childhood Memories, providing ongoing support and donations to Womens' Aid, and we collect stamps to help support Medical Detection Dogs.

Life is never dull at Frampton WI and events and activities take place both during the day and in the evening as well as our monthly meeting. We hope to appeal to as many ladies as possible, and new members are joining most months. It could be you at the next meeting! We meet on the second Thursday in each month at 7.30 pm and your

first visit is free. (No meeting in August) For further information

For more information about our WI please call								
Vanessa Jameson (President)	07955 763473	vanessajameson@btinternet.com						
Carol Pattrick (Secretary)	01205 722879	carolpattrick@gmail.com						
Janice Cotgreave (Press)	01205 724617	janice.cotgreave@btinternet.com						



FRAMPTON COMMUNITY HALL Middlegate Road, Frampton, PE20 1AR

Have a few hours to spare?

15 High Street, Kirton PE20 1DR

01205 722311

bookings@kirton-cottage.co.uk

Like to join a friendly, supportive group of people committed to keeping Frampton Community Hall open as a meeting place for the locality? Have an interest in finance, book-keeping, computing or household accounts?

Then we would love to hear from you.

A Treasurer vacancy exists on Frampton Community Hall Committee. This is a voluntary position.

The accounting system is uncomplicated and there are approximately 4 meetings a year.

Like to help?

Then please contact Wendy on 01205722880 for an informal chat.

Kirton Cottage

Have a look at our latest reviews on Tripadvisor

Monday-Saturday 12 Noon-2pm Lunch From £12pp for 2 Course, £15pp 3 Course

Tuesdays 5:50-9pm Roast Evening Starters from £5, Mains from £12.95, Desserts from £6.50

> Wednesday-Saturday 5:30-9pm Full A La Carte Menu available with specials

> > Sunday 12noon-2pm Traditional Sunday Roast



www.kirton-cottage.co.uk

FRAMPTON UNITED CHARITIES

ATTENTION ALL STUDENTS

Students who will be attending courses of Higher Education in the academic year of 2018/19 are invited to apply for a student grant. Students must be **under 25 years of age and have been resident in Frampton for 5 years at the time of applica-tion**. Application forms are available from the Clerk at the address below and should be submitted no later than: **31 OCTOBER 2018**

Clerk to the Trustees: Louise Bacon 26 Nursery Way, Spalding, Lincolnshire, PE11 1GD Email: louise@mooret.co.uk

ATTENTION ALL CLUBS, ORGANISATIONS ETC

The Trustees of Frampton United Charities are inviting applications from clubs, organisations etc in Frampton to apply for a grant. Applications should be made in writing to the Clerk and submitted no later than: **<u>31 OCTOBER 2018</u>**. Anyone knowing of an individual case where the Charities may be of benefit may contact the Clerk at any time.

Clerk to the Trustees: Louise Bacon 26 Nursery Way, Spalding, Lincolnshire PE11 1GD Email: louise@mooret.co.uk

Senior citizens currently living in the Parish of Frampton, who are **65 years or over** and having been in resident in **Frampton for 5 years** at the time of application are invited to apply for assistance with their 2018/19 Winter electricity accounts. Applications must be to the clerk at the address below by: **31 OCTOBER 2018.** On your application, please quote the following:

- Full name and address
- Contact telephone number
- Date(s) of birth

Further particulars may be required upon request

Clerk to the Trustees: Louise Bacon 26 Nursery Way, Spalding, Lincolnshire PE11 1GD Email: louise@mooret.co.uk







Another Sort of Kedgeree.....Janet Floyd

3 onions (red are nice if you have them) a large aubergine 2 courgettes

This is plenty for two people feeling hungry.

Cut the veg into 4 lengthways, then cut aubergines and courgettes into 1 cm. slices. Put them into a roasting tin so that they're more or less in a single layer and then toss them in 3 tablespoons of good oil, sprinkle on a dessertspoon of curry powder and roast for 40 minutes at 180 or so. Stir a couple of times while they're cooking..



Meanwhile, cook some rice as usual, then toss it into the cooked vegetables. Boil some eggs for 7 minutes and put those on top.

Some chutney is nice with this.

If you were feeling ambitious, you could make a quick pickle once you'd got the veg in the oven and before you cooked the rice. I found this in the paper the other day and it's surprisingly easy. You could also serve it with some of those Indian snacks you can get (samosas etc).

Take a lemon and cut the top and bottom of it off so that you can hold it steady on a chopping board. Cut it into four then slice each quarter as finely as you can. Get rid of the pips and put the whole lot in a bowl. Take another lemon and squeeze all its juice over the first sliced lemon. Heat some oil to just cover the bottom of a small frying pan, put in a large clove of garlic squashed and half a tsp of black mustard seeds and cook them slowly together for about 5 minutes. Then tip in all the lemon slices and lemon juice, some salt (half a tsp) and a few red chilli flakes depending on how spicy you like these things to be. Cook the whole lot quite gently for 10 minutes and then tip into a bowl and allow to cool.

WEEDS TO TREES LOCAL TREE SURGEON

All Aspects of tree and garden work undertaken by **NPTC Qualified tree surgeon with 15 yrs experience** Hedges , Stump Grinding, Grass Cutting, Fencing Commercial & Residential grounds maintenance Free quotations & advice. No job too small.



All Arisings removed 01205 722635 or 07908 468244

Focus on Faith

Autumn is now upon us. For some barley crop farmers it was an early start to Harvest - right back in June! A big concern for dairy farmers was having to use precious winter food stocks, to feed cattle in summer due to the lack of green growth through the dry period!



There are good and not so good harvests - but in our part of the world - at least there are harvests! We have reason to celebrate and give thanks to the Lord of Creation.

The Earth is the Lord's and all that is in it...

'He makes grass grow for the cattle, and plants for man to cultivate – bringing forth food from the earth: wine that gladdens the heart of man, oil to make his face shine, and bread that sustains his heart.' *Psalm 104, 14-15*

Do come and join us to celebrate Harvest on 7th October in St Mary's!



This year we shall mark the centenary of the end of the First World War. On Remembrance Sunday 11 November 2018, people will be reflecting on the lives that were changed irrevocably, and those that were lost. Some 65 million men were mobilised across Europe during

World War 1. Nearly a third of them – some 21 million – were wounded. Another 8.5 million were killed and some 7.7 million were taken prisoners of war. All of them had family and friends whose lives were changed forever by the events of 1914-1918.

You are most welcome to join us as we process from St Mary's to the War Memorial at about 10.50am - followed by a service in church.

'As we remember those who died upon another shore, we hope and pray that all may say; let's have an end to war!' Amen

John Marshall - Reader

Please check the weekly pew sheet or our * online calendar for details of services - which may vary, especially during our Priest vacancy. www.framptonchurch.com or www.wybertonandframpton.org

GREEN, LORD, JOIN, SHALL, LATE, TEAR, NEAR, DIED, TRUE. WELCOME, CATTLE, WINE, FARMER, WINTER, TAKEN, FACE, PLANT, EARTH, MEART, IRREVOCABLY, CREATION, REASON, CHURCH, SUSTAINS, EARTH, MELCOME, CATTLE, WILLION, CELEBRATE, CONCERN, CULTIVATE, FORTH, EARTH, MELCOME, CATTLE, WILLION, CELEBRATE, CONCERN, CULTIVATE, FORTH, MELCOME, CATTLE, WINE, FARMER, WINTER, TAKEN, FORTH, FORTH, MELCOME, CATTLE, WILLION, CELEBRATE, CONCERN, CULTIVATE, FORTH, MELCOME, CATTLE, WILL, MELCOMER, WINTER, TAKEN, FORTH, MELCOME, CATTLE, WILL, FARMER, WINTER, TAKEN, FORTH, FORTH, MELCOME, CATTLE, WINE, FARMER, WINTER, TAKEN, FORTH, FORTH, MELCOME, CATTLE, WILL, FARMER, WINTER, TAKEN, FORTH, FORTH,

SERVICES	St Leodegar's	St Michael's	St Mary's
7 October	9.30am	8.30am	11am
14	9.30am	-	11am
21	9.30am	-	11am
28	9.30am	9.30am	11am
4 November	9.30am	8.30am	11am
11	9.30am	-	11am
18	9.30am	-	11am
25	9.30am	9.30am	11am

Wordsearch

At least 30 words! Answers (upside down on page 20)

Е	М	0	C	L	Е	W	Ι	N	Е
Р	L	А	Ν	Т	А	K	Е	N	R
W	Ι	Ν	Т	Е	R	А	Е	0	Y
0	S	N	Ι	А	Т	S	U	S	L
Е	0	L	L	А	Н	S	R	А	В
С	U	L	Т	Ι	V	А	Т	Е	А
N	С	N	0	Ι	Т	А	Е	R	С
А	0	S	Е	С	А	F	Т	U	0
R	N	Ι	0	J	L	0	R	D	V
В	С	Е	L	Е	В	R	А	Т	Е
М	Е	Н	Ν	L	А	Т	Е	А	R
Е	R	K	U	Е	Ι	Н	Н	D	R
М	N	Е	А	R	Е	М	А	Е	Ι
Е	L	Т	Т	А	С	R	D	Ι	Е
R	E	М	R	А	F	Н	G	D	В





"ON STAGE IN FRAMPTON" SATURDAY 1st DECEMBER

FRAMPTON VILLAGE HALL

MIDDLEGATE ROAD FRAMPTON NEAR BOSTON LINCOLNSHIRE PE20 IAR

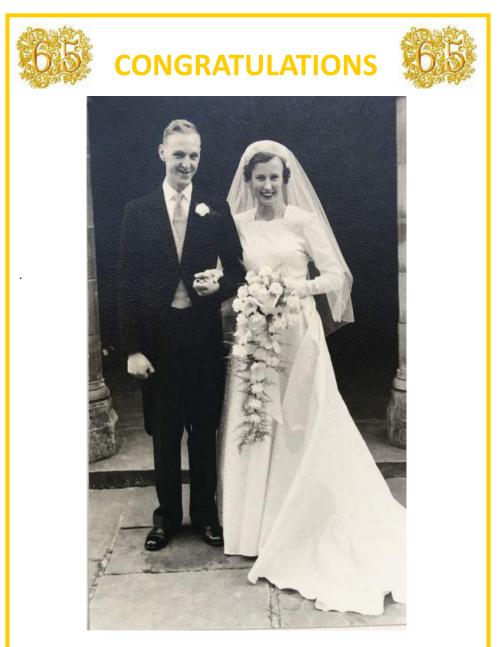
JACKIE MARIE

AN EVENING OF SOUL & MOTOWN CLASSICS PERFORMED WITH WONDERFUL STYLISH FLAIR

DOORS OPEN 7.00 p.m. SHOW STARTS 7.30 p.m.

TICKET ADMISSION £9.50 DOOR ADMISSION £9.50 TICKETS AVAILABLE FROM KIRTON FLOWER SHOP, STATION ROAD, KIRTON or by telephone 01205 722013

BRING A 'BOTTLE' - HAVE SOME FUN CIVIL COMMUNITIES ENTERTAINMENT NETWORK Tel. 01522 874246 01332 743049 07762 222210 07775 726524 Registered Office : 7 Belvoir Close Lincoln LN5 9DG Email : tonyr.ccen@outlook.com



To Rex and Beryl Barber celebrating 65 years of marriage on the 12th September 2018. Married in 1953 at St Marys Church Frampton by the Rev A J Sangster Please accept all of our congratulations and good wishes.



A Good Read ...2

Gentlemen and Players by Joanne Harris

A young boy, living with his father, attends the local comprehensive school which is very much in special measures. His mother left the marriage long ago. Father is the caretaker at the nearby very prestigious public school. The lad is



determined to infiltrate this school with all its many privileges. He does it with great cunning and even befriends one of the top pupils with devastating consequences. There is a real twist at the end. A really excellent psychological thriller. I could not put it down!

Ann Pilbeam



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	 BOX FITT All about working that cardio system. Improve your upper 	
Pilates and personal fitness with	PILATES 9.00am-10.00am BLOCK BOOKING KIRTON LEISURE CENTRE Willington Road	PILATES 9.00am-10.00am BLOCK BOOKING KIRTON LEISURE CENTRE Willington Road	**For 7 Weeks** DROP-IN PILATES 9.00am - 9.45pm No need to bock, just ium upl KIRTON LEISURE CENTRE Willington Road	PILATES 9.00am - 10.00am BLOCK BOOKING KIRTON LEISURE CENTRE Willington Road	body, core strength and over fitness. But don't panic your going to be fighting against Amir Khan • "M.Body Personal Training	
MAX nasine bodymaxboston@gmail.com M: 07855 377939 T: 01205 723936	PILATES 10.30am- 11.30am BLOCK BOOKING STUDIO Kirton End	Pilates	PILATES 10.00am - 11.00am BLOCK BOOKING KIRTON LEISURE CENTRE Willington Road	15/15/15 Bits of Class". 15 mins of each style of exercise, bit of cardio, bit of strength, bit of tone, bit of stretch,	ONE-2-ONE TRAINING Everyone is an individual, ar your goall Whatever your fith level or experience is, perso training is tailor made for yoo losing a few pounds, prepar a special occasion or trainin	
Like us on Facebook! 🛐 Bodymax		(" personal		bit of endurance - who knows?	major event. Contact me nov discuss the right programme	
Small Groups & Personal Training available in the Studio or in your own home Class Prices: 1 x 23:50 Advanced 1 x 24:00 On Neht	PILATES 12.30pm - 1.30pm BLOCK BOOKING STUDIO Kirton End		BODY	PILATES 1.00pm - 2.00pm BLOCK BOOKING STUDIO	AEROBICS (Those were the days). Get back in shape with the sounds and the energy you've got locked away that you thought you'd lost. Believe me you can	PILATES - block booking, small Strong mind and body conne If you like yoga but need a m intense core workout then Pi is for you. Improve posture b
2 x Consecutive £6.00 Advanced 2 x Consecutive £7.00 On Night Drop-In Pilates £5.00 per session		1	Kirton End	still shake your rump to the funk and some of these new sounds are	series of low repetition, low strengthening and condition exercises	
For 7 Weeks 15/15/15	PILATES 6.00pm - 7.00pm	LBT PLUS 6.30pm - 7.15pm	PILATES 6:00pm - 7:00pm	pretty good to move to as well.	From Tues 30th O to Fri 14th Dec 20	
6.15pm - 7.00pm KIRTON LEISURE CENTRE Willington Road	BLOCK BOOKING KIRTON LEISURE CENTRE Willington Road	KIRTON LEISURE CENTRE Willington Road	BLOCK BOOKING SPORTSMAN FUNCTION HALL Rosebery Avenue, Boston	DROP-IN PILATES For anyone preferring a "drop-in class". No pre-booking, no block	LBT PLUS A workout for leaner legs, brilliant burn, toned turn and	
BOX FITT 7.00pm - 7.45pm	*'For 7 Weeks*' BOX FITT			payment. However unlike the smaller block booking classes these are 45 mins	amazing arms. The four areas that give us the most grief!	
KIRTON LEISURE CENTRE Willington Road	7.15pm - 8.00pm KIRTON LEISURE CENTRE Willington Road	7.30pm - 8.15pm KIRTON LEISURE CENTRE Willington Road		sessions and larger groups.	ALL CLASSES SUITABLE FOR ALL FITNESS LEVELS.	

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Monday's

Wyberton Parish Hall 9am & 11am with Sarah - 07814 233968

Kirton Town Hall 5pm & 7pm with Abi - 07538 819472

Tuesday's

Mayfields Boston 5pm & 7pm with Sarah - 07814 233968

Ruby Hunt Centre, Donington 5pm & 7pm Pam - 07880 557854

Wednesday's

be hot! Slimming World

St Thomas's Church Hall 7.30pm with Danni - 07917 897292

Swineshead Village Hall 7.30pm & 5.30pm with Abi - 07538 819472

Thursdays

Ruby Hunt Centre, Donington 9.30am & 11.30am Emma - 07581 551730



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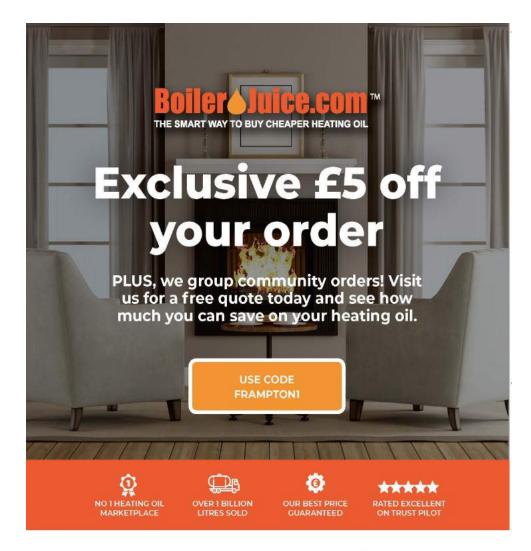
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