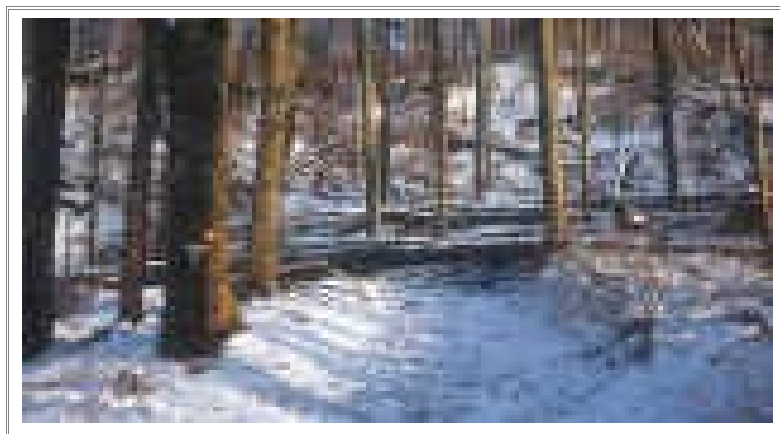


Our February sojourn down on the English Riviera in a hotel in Torquay is always a popular venue and course. However, earlier this year it nearly didn't happen after one of the worst snowfalls of nearly 20 years.

I awoke to the radio news announcing that 2ft of snow had fallen on Devon overnight and 200 people had to be rescued by the army from their cars stuck on the M5! I tuned into BBC Radio Devon on the internet and searched the travel websites discovering that although there was absolutely no snow in Torquay itself at least 50 – 60 miles of our route was apparently impassable.

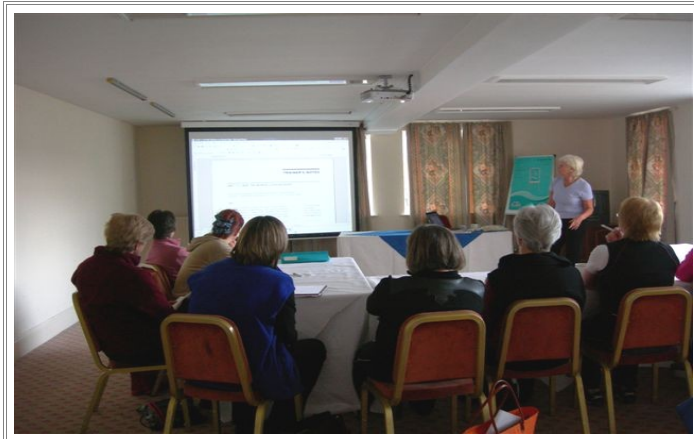
At a little after 10.15 a.m. off we set to Siberia, oops sorry, Exeter, with duvets, hot flasks and a shovel! We hoped that, by the time we got there, major routes would be open. Well, quite extraordinarily, we were right. The south west police and councils had performed a splendid job of clearing the route. However, it was at times, quite eerie to be travelling along a single snow-lined track, which was apparently the A303, with not another vehicle in sight. Obviously we were the only ones who had believed!



We were greeted and congratulated by anxious Course Director, Lucy Martin and discovered that we were two of only a handful who had, thus far, made it. But 'Ho!' I hear you cry these are Fitness League teachers, ever ready to attend a class and tenacious to a man; or is that to a woman? Gradually during the afternoon and into the evening, in ones and twos, weather beaten but triumphant, the dedicated teachers emerged from the snowy wastes around the country. It appears that the 'Golden Wrist Weight' should go to Sarah Price and Lesley Gerrard who took seven and a half hours from East Sussex. (Which route *did* you take girls?).

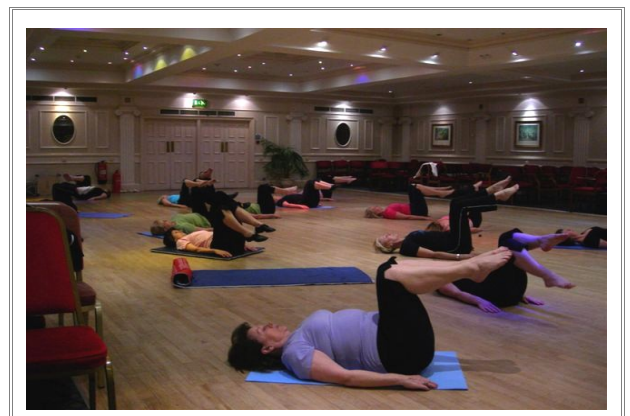
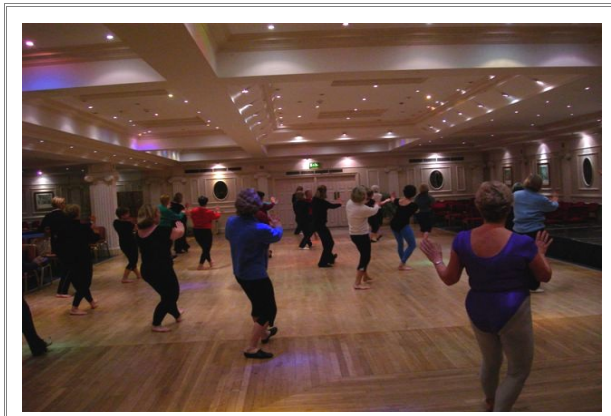
With our journeys behind us and our fingers crossed that the way home Sunday would be much improved we threw ourselves into the weekends work. We enjoyed a varied programme from several different teachers. Inspiration came from Jill Shipston making us 'Work simple, work hard'. Rosemary Barber worked on improving/maintaining our technique through the Bagot-Stack System.

Jenny Dingley gave a class aimed at newer teachers designed to maximise the effectiveness of simple movement.



Janice Gronow taught a great club sequence and Lucy Martin helped refresh our Anatomy and Physiology knowledge.

Classes were also given by Heather Jordan, Jane Duff and me, Suzie France.



The course finished with a fabulously lively, and somewhat exhausting, 'Salsacise' class taught by Charlotte Bly.





We were also looking forward to a session with a physiotherapist but unfortunately, at the last minute and due to the appalling weather conditions, she was called into Exeter Hospital to help out because of staff shortages.



Even our evenings weren't idle; with a meeting on the Friday and a quiz on the Saturday. This included anagrams of muscles (a little impaired by a glass or 2 of wine with dinner)! We also presented Betty with a certificate to honour her contribution to the League.



Naturally, these courses are always a marvellous chance to catch up with our fellow teachers from all round the country, including the great Irish contingent, who always fly in 'en masse'. Despite the weather 70 of the 100 who had booked onto the course made it and we enjoyed good food, sea views and fresh air.