



Minchinhampton  
MARKET HOUSE

It's yours – use it and enjoy it!

## MINCHINHAMPTON MOVIE NIGHT

**Fri 12 Aug, 7.30pm**

The latest film version of 'Dad's Army' comes to the Market House with an all-star cast headed by Toby Jones as Captain Mainwaring and including Bill Nighy, Tom Courtenay, Bill Paterson, Michael Gambon and Catherine Zeta-Jones. **Tickets are £5 from Minchinhampton Market Stores.**

### Learn Tai Chi & Chi Kung!

These ancient internal martial arts improve posture, balance, flexibility, energy and immunity. For more information about classes starting in September, please contact Mark...

Email: [cotswoldtaichi@talktalk.net](mailto:cotswoldtaichi@talktalk.net)

Tel: 01453 544881 or 07981 805206



### COME TO THE COUNTRY MARKET! Every Thursday 8.30am to 11.30am

Come along and buy your fresh veg, plants, crafts, eggs, preserves and cakes – you can even stay for a cuppa and a chat!

## MARKET HOUSE MONTHLY July 2016

Welcome to our second monthly newsletter which aims to keep you up to date with the many events taking place in this unique and historic community building!

### PUBLIC CONSULTATION UPDATE

The Management Committee's steering group is working hard on its Heritage Lottery Fund application, bidding for funds to help revitalise the Market House and re-establish it as the town's social, cultural and architectural centerpiece. We plan to submit our initial bid in August so watch this space or visit the website for more information.

**Hoop for Health!** Did you know that Hula-Hooping is one of the best work-outs for adults? In just **8 minutes** it burns an impressive **50 calories!** Furthermore, it strengthens your core muscles – helping to burn fat – and improves joint flexibility, hand-eye co-ordination, motor skills, endurance and balance. If you would be interested in joining a class at the Market House, please email Katy at [katydunne81@gmail.com](mailto:katydunne81@gmail.com)

### Pilates Classes

\* Beginners Welcome \* Mixed abilities \*  
\* Mats provided \* Small Classes \*

**Mondays 6.30pm–7.30pm (not 15, 22, 29 Aug)  
and Thursdays 8–9 pm (from 8 Sept)**

For further information or to book, please contact **Elizabeth 07732 697991** or visit [www.pilatesinstroud.com](http://www.pilatesinstroud.com)

**JCMS Dance** runs classes for adults and children at the Market House on **Tuesday afternoons and evenings for adults and children** including Tap, Ballet and Street Dance. All abilities catered for.

For more information, please call Jennie on 07980 060013 or visit [www.jcmsdance.co.uk](http://www.jcmsdance.co.uk)

Email: [enquiries@minchinhamptonmarkethouse.co.uk](mailto:enquiries@minchinhamptonmarkethouse.co.uk)

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Follow us on Twitter @MinchMarketHse and visit us at: [www.minchinhamptonmarkethouse.co.uk](http://www.minchinhamptonmarkethouse.co.uk)

Registered Charity No.: 207308

Patron: Sir Richard Eyre CBE