

AJactive Filming Schedule @ Step 2 Studio, Worton Park, Cassington, OX29 4SY

Friday 31st August 2012Time

- 1.00pm Set up (AJ)
- 2.00pm **Yoga Demonstration**
- AJ to lead and cue the reduced routine.
 - Black yoga mats provided to ensure uniformity.
 - There will be stoppages to focus on certain postures to allow filming for 360 degree rotations of individuals demonstrating the discipline required to practice Yoga postures
- 4.00pm **Aerobics Routine**
- AJ to lead and cue the routine.
 - We want to show *fun, energy* and *camaraderie!*
- 5.00pm **Step Display Team**
- Time to show off the routines!

We are looking to finish by 7pm... but as you can imagine we don't know exactly what will happen on the day, I would like to thank you in advance for your time, patience and perseverance!

Notes

- Please could you wear any colour (including black if you wish) but **not green** as we are using a green background (which will be changed later technically) and your body part will disappear if you have green on!
- Snacks, tea, coffee, water etc will provided to keep everyone going. If you have any food allergies, please let AJ know.
- If you need to bring along your children that is fine, I won't have a baby sitter onsite but there should be enough of us around to stay responsible and look out for wandering small people. Please just bear in mind there are lots of odd pieces of equipment stored in the barn which may look quite tempting to inquisitive minds!

Saturday Night, 1st September 2012

I have reserved an area in **Malmaison Oxford** in the upstairs **Visitors Bar**, if you are free it would be lovely to have a get together without the pressure of performing (darlings)! As they say "It's a wrap!"

For further information visit www.ajactive.co.uk
or contact **Anginette Barton 07796 053703**
or email enquiries@ajactive.co.uk