



TotalFit



-----Newsletter August 2018-----

Message from your Manager

What a summer we are having. It's the month of summer holidays so most of you will be jetting off somewhere but until then I hope to see you in the gym or taking part in one of our classes for some pre-holiday workouts.

If you want to take your routine up a notch why not speak to one of our gym staff who will be more than happy to offer you a free 30 minute gym program or for that personal experience try some personal training.

Thank you all for your continued support - Gary Taylor – Gym Manager

New member of staff



We would like to welcome Piotr to the team. Piotr has advanced training in metabolic testing, nutrition & weight management consulting. You can find Piotr on shift every Thursday & Friday 16:30-21:30. He will be teaching a circuit class every Thursday & Piotr is also available for personal training. Please see the gym noticeboard for more information.

Therapists

We still have a fantastic team exclusively available to you from our treatment room in the leisure centre.

- **Coco Beautique – Beauty Therapist** – available every Monday (by apt only) 6:30-8:30pm
- **Rong Rong Li – Acupuncturist** – available every Wednesday from 3-7pm
- **Aga Waszkielis – Sports Rehab & Massage** – available every Friday from 9am-1pm
- **Olga Hayward – Sports Rehab & Massage** - available every Saturday from 9am-1pm

Offers

Aga offers this month 1:1 antenatal & postnatal Pilates sessions on Friday's £60 per session discount on block booking.

RongRong quotes "Acupuncture is one of the very best ways to relax & regenerate in our busy lives. Come & try this amazing therapy & find out! Your first appointment is half price".

For bookings please see booking folder located at the front desk.

Pilates Update

Reduced Pilates classes in August.

The dates are as follows;

Wednesday 1st August 20:00 – 21:00

Wednesday 15th August 20:00 – 21:00

Sunday 19th August 10:00 – 11:00

Wednesday 22nd August 20:00 – 21:00

Wednesday 29th August 20:00 – 21:00

£8 for people who book in advance or £10 drop in.

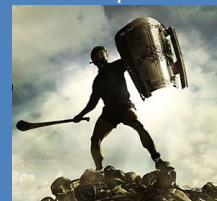
For more information contact Jacqui;

jacquihagan@aol.com



Quote of the month

"Energy & persistence conquer all". Benjamin Franklin



5 simple nutrition tips to try this summer

1. Eat to support the training you do each day

Eat more carbohydrates on a hard day of training & rest days reduce your carbohydrate intake.

2. Replenish energy stores as soon as possible after exercise. Try & consume your highest carbohydrate meal/snack of the day within 30 minutes period following exercise.

3. Record a 3-day food diary. Record an honest & accurate food diary & then ask a friend or nutritionist to look over it & pick out a few healthy changes.

4. Meal preparation. Plan a healthy meal/snack options for the week.

5. Stay hydrated. This will help you to stay alert & focused throughout the day & enable you to feel your best when exercising.

New member of staff



We would like to welcome Nathan to the team. Nathan is highly skilled in kickboxing & worked at Epsom general hospital as a physiotherapy technician. You can find Nathan on shift every Monday & Tuesday 16:30-21:30, he will also be teaching two classes, Kettlebell clinic & Fat meltdown. Nathan is available for personal training. Please see the noticeboard for more information

Beauty Tips from Coco Beautique

Healthy looking skin with dry brushing. Dry body brushing helps your skin by promoting the shedding of dead skin. It also stimulates the lymphatic system, which is part of the circulatory system & plays an important part in the immune system by eliminating toxins! A natural bristled brush is best for dry body brushing. On dry skin – always brush towards your heart (the direction the lymphatic fluid flows), lightly moving the brush in long strokes covering your body!

Coco Beautique August Offer

Eyelash Extension from £75

Our eyelash technician uses a wide range of lengths, thicknesses & textures that can be combined for looks that range from the subtle & natural to the luscious & glamorous; each application is a work of art with an intricate finish. Furthermore, Novalash is waterproof, oil & sweat-proof, so unlike any other brand you can shower, swim, sauna or even do hot yoga! Essentially Novalash is perfect for any lifestyle or occasion! info@cocobeautique.com



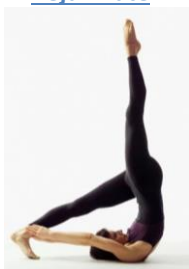
August's Gym Challenge Results

How many burpees in minute.
Silvia wins with an amazing total of 32! Congrats!



MONTHLY HANDOUTS

Restorative Yoga – Relax & Rejuvenate



Mediation 1 "Body Scan"



How long to see results

