

KEW RIVERSIDE

-----Newsletter March 2014-----



February Fitness Day

Thank you all for your contribution to our fitness day, it was a fantastic day with various services on offer.

We hope you all made the most of our wonderful therapists, fun yet challenging classes and not to mention our gym competitions.

We will soon start to plan our next event so keep your eyes and ears peeled for more information. If you have suggestions please do not hesitate to get in touch with your gym manager.



Special offers - Therapists

Rong Rong – Acupuncturist – is offering a 50% discount on the first treatment of Acu-Facials. Acu-Facials is a new form of acupuncture to reduce signs of aging and stimulate the body's own collagen production.

Andrei – Musculoskeletal specialist, Joint decompression – is offering a discounted first visit, £20 for 30mins or £40 for 1hour.

To make the most of these offers, book yourself in the booking sheets kept at front desk.

New Zumba Class

Due to popularity of our Zumba taster on the Fitness day, we would like to look at the possibility of adding a permanent class to our timetable.

Therefore we will be running a trial Zumba class from Sunday afternoons at 2pm, starting 9th of March 14. This period will run throughout the whole month.

There will be a £5 fee per person for this class, payable to the instructor.

100 Mile swim for Pancreatic Cancer UK/Ambitious about Autism



One of our residents, John Constantine, is performing an amazing feat for two great causes.

John is on his way to swimming his target of 100 miles at our pool, that is an astonishing 12,800 lengths. As of the 14th February John has swum 32.2 miles. He has until the 31st March to complete this target.

John is raising money for Pancreatic Cancer UK and Ambitious about Autism, both great causes.

To sponsor John please visit

<http://uk.virginmoneygiving.com/johnconstantinepancraeaticandambitious>

Please see posters for more info.

Message from your Manager

I would like to start by saying thank you for your support on the Fitness day. It was a great success, the gym was the busiest I have ever seen, the therapists were fully booked and we had a healthy attendance in all the classes.

Let us not forget the effort put into our gym challenges, some unbelievable times were posted, and also the support given by those watching

I hope you all enjoyed it as much as we did and I look forward to continuing to seeing you all work hard in the gym.

I welcome all comments and feedback regarding facilities, events and all general issues so please do not hesitate to get in touch

Thank you all for your continued support – Wilson Pinho Gym Manager

Body conditioning class

Good news! Our body conditioning class on Tuesday mornings will no longer require payment, as of March 2014 this will be a free class.

Pilates sign-up sheet

We now have a Pilates sign-up sheet, available in the booking folder, register your interest on any upcoming Pilates courses by booking yourself in.

Please note! Booking is essential for this class, see posters for more info.

Sunbed

It has been a rather wet and grey winter, with the sun making the odd rare appearance resulting in a lack of ultraviolet sunrays. If you're feeling tired, sluggish and can't shake off that niggling cold then you are most probably lacking the vital nutrient that is Vitamin D.

Grab a couple of sunbed sessions and get your healthy dose of Vitamin D, but don't overdo it.

Tokens cost only £6 for 5mins and £12 for 10mins. Speak to concierge to purchase your tokens.

Inspirational Quote of the Month

"Study anyone who's great and you'll find that they apprenticed to a master. Therefore, if you want to achieve greatness you must apprentice to a master."

Robert Allen

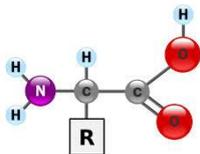
DID YOU KNOW?

To lose one pound of fat, a person has to burn roughly 3,500 calories.

MONTHLY HANDOUTS

Supplements

Amino Acids



Foods for fuel

Oysters



Tips & tricks to improve your lifts

Bench Press



Fitness Blog Psychological barriers in Sport

