



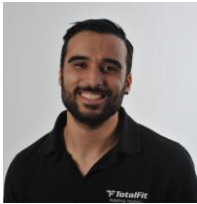
KRRA

Kew Riverside Residents Association

Newsletter December 2014

Merry Christmas

Message from your Manager



It's nearly Christmas already?? It only feels like I got back from my sunny holiday last week. Anyway let's start with wishing you all a premature Merry Christmas, this will be the last newsletter before the New Year so make sure your first step in the New Year is a "right" one. Christmas is also usually the time when we over indulge in food and drink, so with that in mind, and given the fact that I have to give you all healthy advice, I must say enjoying your Christmas dinner and a few drinks is a must however over indulgence is never good. Ensure you keep active throughout the festive season and it will make the transition back to training in the "New Year resolution" January much easier.

On a different note, there have been some recent small changes to our gym staff please see below for info on staff changes. I've also added below our Christmas working hours, as well as the class schedule.

Once again I wish you all a Merry Healthy Christmas!!

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

DID YOU KNOW?

If you are not a regular exerciser, by the time you are 65 you may experience as much as an 80% decrease in your muscle strength.

Inspirational Quote of the Month

"If opportunity doesn't knock, build a door." Milton Berle

Gym Staff Changes

As you may have realised unfortunately Mike has left us, after over 2 years working with us Mike has become increasingly busy with Personal Training and his work as Gym Manager at one of our other site. We wish Mike all the best with all his future endeavours. He will however still be available for Personal Training here at Kew so he hasn't left us completely.

With the above in mind we would like to welcome Curtley Stevens to the team. Curtley has come in as a direct replacement for Mike and will be on shift every Tuesday evening, he will also be teaching the Spin Blast & Fat Meltdown classes. Curtley has a background in competitive 100m and 4x100m relay sprinting, and has a strong interest in functional training. Curtley is also available for Personal Training.

Total Fit Christmas & New Year Working Hours

Gym opening hours will remain the same, opening time 5.30am and closing time 10pm, however Total Fit will operate a Bank Holiday service. See below for staff hours and class schedule.

- 24th Dec - 6.30 - 11.30am (no classes)
- 25th & 26th Dec - No shifts (no classes)
- 27th - 30th Dec - Normal hours
- 31st Dec - 6.30 - 11.30am (no classes)
- 1st Jan - No shifts (no classes)



Busy Classes

Just another mention from this front, our classes have been really busy lately, which makes us extremely happy, however some of you have had the disappointment of being turned away. With that in mind we have a booking system in place where you can avoid disappointment by booking yourself in, the booking sheets are usually available for the next few weeks so you are able to book well in advance.

Please note if you're bringing guests for the classes you will also need to book them in, keep in mind there is a limit of 1 guest per person.

MONTHLY HANDOUTS

Supplements

Food



Foods for fuel

Water



Tips & tricks to improve your

lifts

Leg Press



Fitness Blog

Nutrition – is meat bad for you?



Pilates Christmas Break

Due to the festive season Pilates will be taking a short break till the New Year.

The current Wednesday and Sunday courses finish on the 10th and 21st of December respectively, with a break then ensuing until January 2015.

The classes will re-commence on the 14th of Jan 15, Wednesday course, and 18th of Jan 15, Sunday course.

Course sign-up sheets will be available at the front desk from late December. Any further queries do not hesitate to contact us on leisure@kew-riverside.net.

Swimming Lessons – Weekend slots

Swimway, our exclusive swimming lessons provider, is considering the option of offering a weekend slot in the New Year. If this is of interest please get in touch with Wilson on wilson@totalfit.co.uk.

Swimway have been working in partnership with Total Fit at Kew Riverside for over 3 years, they also bring over 15 years' experience in the industry.



Tai Chi Sundays

A group of Kew Riverside residents have organised some taught Tai Chi sessions to be held on certain Sundays from 11.15am-12.30pm. Please note these sessions are not on our timetable and do not run every Sunday so please contact Doris on hiamg@aol.com for more info.

The sessions are taken by Mirilee Pearl, she has been practising Wu Style Tai Chi Chuan since 2001. Mirilee is a certified Advanced Instructor since 2009 by the Tai Chi Union for Great Britain and has also become a Close Door student of Sifu Gary Wragg. In 2012 Mirilee became a certified and Disciple of the Wu family. She also competes and is an experienced judge of forms and pushing hands at Tai Chi competitions in the UK and Europe.