

Message from your Manager

It's officially Summer, hurray!!

I'm sure you're all on holiday mode but before you jet off make sure you come to our annual Summer Fun Day which will take place on Saturday the 18th July from 11am-4pm.

A wide range of fun activities will be provided and will be the Sunshine ☺

On a different note, we are happy to announce that we will be getting 2x table tennis tables for your enjoyment, more info below.

Looks like it's going to be a Summer full of fun and enjoyment, let's just hope you do not forget the gym. And, with that in mind we have a new gym challenge for you ;-) Enjoy!!!

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

SUMMER FUN DAY CORRECTION – 18th July

Correction to our previous communication, treatments on the day with our therapists will now be free of charge. A booking sheet is now displayed on our booking folder by the front desk where you can book your slot. Slots are limited to one per therapist; this is to ensure everyone benefits from the fantastic treatments.

Tauvile, our Naturopathic Nutritionist, will also be available to answer any questions you may have regarding her services and/or her services.

All inflatables and activities will be posted on the Greenlink green. Activities available on the day:

- Bouncy castle
- Ball pit
- Gladiator Duel (which proved extremely popular last year)
- Bungee Run (new feature, which even the adults will enjoy)
- Face painting, Balloon Sculpting, and Caricatures
- Mini Treatments from our Therapist (booking sheet will be available at front desk)
- Finger food and soft drinks

We hope to see all on the 18th. Should you have any question regarding the day please do not hesitate to speak to a member of staff. Alternately you can call 020 8392 8800 or email leisure@kew



Fitness Myths

MYTH: Exercising a certain body part will make it slimmer

TRUTH: You can't spot reduce. If only. Love handles and a squishy tummy are primarily nutrition based but you have to workout the whole body and eat clean to be lean

Inspirational Quote of the Month

"The measure of who we are is what we do with what we have."

Vince Lombardi

Class Timetable Update

Classes on trial

Unfortunately due to low attendance the AM classes will be ceasing. These are:

- Spin Blast on Monday morning at 6.45am
- Body Conditioning on Thursday morning at 6.45am

We have been trialling the above classes for 8 weeks and unfortunately the demand does not meet our threshold to keep them on a permanent basis.



Swimway, our exclusive swimming lessons provider, is considering the option of offering a Sunday slot. Flyers will be distributed with info on how to register your interest. Alternatively you can contact Swimway on 020 8871 3971 or email info@swimway.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.

Therapists Day

We would like to thank you all for supporting our recent therapist day. It was a fantastic day where some of you came in and joined our therapists in a discussion where topics included nutrition, treatment benefits, backgrounds of our therapists, plus more. We also had some healthy tea, provided by our Naturopathic Nutritionist, which I hope you all enjoyed. We are hoping to hold similar "surgeries" in the future, where you can come and have a chat with our therapists and hopefully learn a bit more of their services, more info to follow.

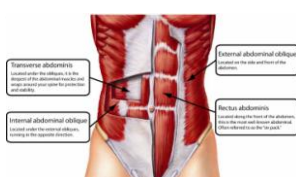
Our therapist are available for treatments on:

- **Steven Swords – Massage Therapist** – available every Monday from 5-9pm
- **Aga Waszkielis – Sports Rehab & Massage** – available every Saturday from 11am-4pm
- **RongRong Li – Acupuncturist** – available every Wednesday from 11.30am-3.30pm
- **Tautvile Sliazaitė – Naturopathic Nutritionist** – available by appointment only, please contact directly.

Flyer with contact information and fees are available at the front desk, alternatively email us on leisure@kew-riverside.co.uk.

MONTHLY HANDOUTS

Muscle Groups, Functions and Exercises Transverse Abdominus

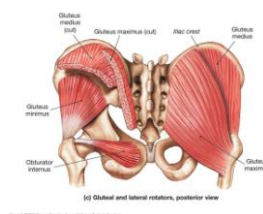


Types of Training Super-Sets



Posture & Structural Balance

Glutes



Wilson's Diary

Tips on gaining mass and strength



Gym Challenge

First off we would like to give a massive congratulation to those of you that took part in our Plank challenge. We had some amazing times posted, with the record being over 15minutes, posted by none other than Adiba. Well done!!

This month we have a burpee challenge, your goal is to do as many full burpees as you can in 1 minute. Happy challenging!!!

Saturday Spin Class

We would like to welcome Drew Charles as our newest Spin Instructor. Unfortunately Maggie has left and Drew has now taken over this class. Join him every Saturday at 8.30am for a fun, challenging class.

We would also like to wish Maggie all the best in her future endeavours.