

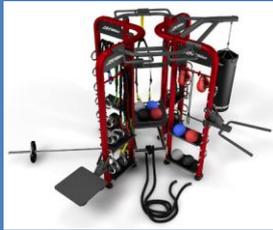
KEW RIVERSIDE

-----Newsletter May 2014-----

General Questionnaire

Thank you to those who have filled out the questionnaire, some of you have commented on the Life Fitness Synrgy system. Synrgy is a functional system with various workout stations, these include battle ropes, TRX's, boxing, plyometric platform, etc. It's not only a great space saver but will add that little edge to our gym. I've included a picture below so you get an idea of what it is.

Please give us your feedback on this item, I will leave the questionnaires out for a few more weeks. If you prefer to fill out electronically request a copy from leisure@kew-riverside.net



Summer Fun Day – 12th July

It's that time of the year again, the sun is starting to shine and another Fun Day is due.

For those of you that weren't here last year, we had a lovely day full of fun, food nibbles, gym competitions, and generally being pampered, the only thing that was missing was the sunshine.

This year we are getting organised well in advance and the plan is to host the event outdoors, there will be a bouncy castle, face painting, fun competitions plus much more.

One more thing we would like to add to this year's event is, since we are such a culturally varied development we thought we could make this a World Foodie Day. If you would like, you could bring some simple typical nibbles from your country for everyone to taste. Speak to Wilson, gym manager, if you would like to contribute.

Inspirational Quote of the Month

Challenge yourself with something you know you could never do, and what you'll find is that you can overcome anything.

DID YOU KNOW?

Exercise is more effective at increasing your energy levels than caffeine.

Message from your Manager



Another month has gone by and we are that one step closer to Summer time. I hope you have all been working hard in the gym, and are well on the road to getting that beach body. Remember you can always get a little extra help by getting some Personal Training sessions.

On a different note, I'm sure you have all seen or heard about the questionnaire we have been conducting throughout April, I thank you all that have provided your feedback. I will be leaving these for a few more weeks and would kindly ask that you continue to leave your feedback.

We are also planning the next summer fun day, to be held in July, we hope this to be a day where the whole community gets together for a fun filled day. We will hold the event outdoors this year so fingers crossed the sun will shine at Kew Riverside!

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

Gym Challenge

It was this month 60 years ago that Roger Bannister broke the 4 minute mile barrier. To celebrate this landmark we will be issuing the challenge of running a mile as fast as you can.

Test your speed and endurance and see how quickly you can run. A competition board will be up in the gym where times will be recorded, so make sure your name is there!

Dance classes!

Kew Dance Arts Summer sessions have now started. Classes are on every Wednesday and Thursday; see timetable and poster for more info. Alternatively contact Christine on; kewdancearts@gmail.com.

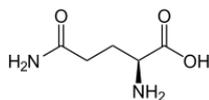
Summer Session (23 April-18 June)

Please visit our website for full course descriptions and to register; www.kewdancearts.com

MONTHLY HANDOUTS

Supplements

Glutamine



Foods for fuel

Raisins



Tips & tricks to improve your lifts

Pull ups



Fitness Blog

Psychological barriers in Sport part 3



Class of the month!

This month's class of the month goes to Charlotte's Interval Training held every Saturday at 11.30am.

What to expect from this class: A class with bursts of high intensity exercises followed by a low intensity period, designed to supercharge your fitness and boost your metabolism.