

KEW RIVERSIDE

-----Newsletter September 2014-----



Message from your Manager

It's back to school time and that usually means the end of Summer. I hope you all had a blast during your holidays and caught enough of the all-important Vitamin D sunrays, if you haven't been anywhere yet but will be having a late Summer getaway then please make sure you create extra space in your luggage so I can fit in, but only if you're going to a warm place haha.

On the back of the glorious Summer we had, and the Fun Day let's not forget that, I hope to see you all back in the gym. Everything is now back to normal with Swimway re-commencing their swimming lessons and Christine also back with her children's dance class as well as additional adult classes (see notice below). We've also just had delivery of 5 brand new spin bikes so this will be an exciting run-up to Christmas.

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

DID YOU KNOW?

Muscle does not weigh more than fat – it's just denser than it.

Inspirational Quote of the Month

"Life is 10% what happens to me and 90% how I react."
Charles R. Swindoll

Dance Classes

Children's Classes

Christine's Children's Dance classes will commence on the 9th September, for details on how to enrol please contact Christine directly on kewdancearts@gmail.com or visit www.kewdancearts.com. Full timings and descriptions available in posters displayed in noticeboards.

Adult Classes

Christine now also offers a more extensive adult class timetable, with Ballet on every Tuesday and Thursday at 11am, and a Contemporary/Commercial Jazz class on every Wednesday at 6.20pm.

To request a copy of our up-to-date class timetable please email us on leisure@kew-riverside.net.

Class Timetable Update

- The Monday morning Abs Blast & Kettlebell Clinic classes will now take place on Tuesday at 9.15 & 9.30 respectively. Wilson will continue to teach these classes.
- The Tuesday morning Body Conditioning & Stretch classes will now take place on Monday at 9.15 & 10.15 respectively. Irich will continue to teach these classes.

Our Autumn timetable has now been released, to request a copy please email us on leisure@kew-riverside.net.

Swimming Lessons

Swimway are back teaching after their short Summer break. You can find Swimway in our pool every Tuesday afternoons from 3-6pm. For more info and/or bookings contact Swimway on 020 8871 3972 or email info@swimway.co.uk.

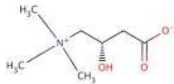
New Spin Bikes

We've just taken delivery of 5 brand new Star Trac Spinner Pro spin bikes. To test out their smoothness join any of our spin classes held every Tuesday at 6.30pm (30mins only), Thursday at 9.30am and Saturday at 8.30am.

MONTHLY HANDOUTS

Supplements

Carnitine



Foods for fuel

Low Fat Ricotta with Honey



Tips & tricks to improve your lifts

Bent Over Row



Fitness Blog

Training Myth

