

Abbey Sports & Leisure Club

June 2010 News

Well summer's here, not that you'd know it. With it there's plenty to catch up with from around the club.

If you're struggling for motivation in the gym have you considered taking part in a Boot Camp? These sessions are running through the summer on Mondays, Wednesdays and Fridays. Participants are taken to Abbey Park and are put through their paces by an instructor – a different type of training which is proving very popular! Ask a member of the gym team or reception for details!

In the gym we have recently had some new bikes, with new cross trainers also on order. If you'd like to book a fitness test in the gym, these are complimentary and can be booked at reception.

Zumba is the latest fitness craze sweeping the globe, kind of a mix between salsa and aerobics. I'm happy to say we're currently the only health club in Leicester to offer this on our timetable! Classes are currently on Tuesday evenings with more on the way. Try it! You might like it!

In the lounge we're in the midst of The World Cup and as I write England are still in! The main date for your diary socially is Saturday August 21st. this is the date of our Summer Ball, more details will follow nearer the time but the band are booked and I can tell you that the event will be in aid of McMillan Cancer Research.

Before we know it, the school summer holidays will be upon us! Plenty of people have asked if we'll be running the Kids Club, and the answer is yes! The crèche looks after children up to 6 years old, the Kids Club focuses on the older ones and generally runs alongside the crèche hours. Please see notices around the club for confirmed times and dates.

Finally if you have friends or family who may be interested in joining, remember for referring someone you get to roll the dice at reception! This month that can get you anything from £40 cash to a month's free membership!

Thanks for your continued company – if you have anything you'd like to discuss with me, please give me a call at the club or email me at andy@abbeysports.co.uk.

Warm Regards

Andy Tee

Club Manager