

Abbey Sports & Leisure Club

August / September Newsletter

Well hopefully you didn't blink or you'd have missed the summer. As we head towards autumn I thought I'd take the opportunity to let you know about events around the club.

First let's start with some good news. Congratulations to Yvette (our Events & Bar Manager) who is expecting her and Luke's first baby some time in early 2010!

On that note, do remember that the crèche at the club runs 6 days a week from 9.30am to 11.30am and looks after children from 6 weeks to 6 years old. Did you also know that as a member you are welcome to bring your children swimming at weekends between 10am and 2pm?

Recent improvements to the club include the laying of a new floor at the top of the stairs and all the way down to the pool. Hopefully you'll agree it looks good! If you have ideas on other areas of the club that could be improved please do use the suggestion box which is located on the wall near reception. Please leave your details so that I can reply to you.

The gym team have recently begun the 'Abbey's Got Weight Loss' challenge, with around 40 members taking part. The aim, as you may have guessed, is to see which team can achieve the greatest amount of weight loss in 10 weeks. Of course, with any challenge of this nature a lot of reliance is put on the individuals self discipline when they aren't at the club, with regards to diet and other forms of exercise. If you'd like advice on any of these factors, please feel free to make an appointment with an instructor – remember IT'S FREE! There's nothing more frustrating for us, or the member, to see someone not achieving what they set out to achieve. To avoid that we're always keen to make sure members take advantage of the experts' advice!

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The studio class timetable is set for a re-launch in September, with new classes to look out for. Brand new to the club will be a Boxercise class with Stuart. More details on this and the other classes will follow soon!

Socially we had another successful Members Party in early August, this time with some Karaoke thrown in for good measure! The next dates for your diary are as follows:

September 11th – Comedy Night

October 2nd – Barn Dance

October 16th – Soul Night

October 28th – Children's Halloween Party

Keep a look out for ticket details for all these and details of all the live sport being shown in the lounge over the coming months.

Finally remember that through August we have an offer on, which enables you to pay up front for 10 months and receive 13 months membership. See reception for details. Also throughout this September for every person you refer who joins the club, we'll give you a month's free membership – no catch!!

As ever, thanks for your continued company, if you have anything you'd like to discuss with me please email me at andy@abbneysports.co.uk, call me at the club or pop your head round the office door.

Very Best Regards

Andy Tee