

January / February 2009

Results, results, results...

Hopefully by now you're well into your training following the festive season! For those of you new to exercise in the New Year, now is exactly the time you should start seeing some results!!

I think at this time of year it's crucial that you personally remember why it is that you exercise. Whether it be about weight loss, body shape, general fitness or whatever; it can be very easy to carry on without actually achieving! With this in mind why not book an appointment with an instructor? Half an hour (free of charge) might be time well spent if we can ensure you're getting results rather than wasting time and effort!

If weight loss is your goal, are you aware that we are now home to a WeightWatchers class every Thursday morning at 10am. If you're keen come on down and speak to Krys about getting started.

Up in the gym the Fat Busters regime is going down a storm! If you missed the boat on this 6 week program then speak to one of the gym team, who will get you started.

Starting on Monday 26th Jan we now offer Salsa lessons in the lounge. Priced at just £4 per session or £35 for 10, we have beginners from 7pm – 7.45pm and improvers from 8pm – 8.45pm. From 9pm people from either session are welcome to stay and practice what they've learned!

If you're coming down for Salsa why not have a bite to eat whilst you're here? Neil has put together a brand new menu which will be available from Feb 1st. It's now on our website [HERE](#). Also in the lounge remember that as well as Sky Sports we also have Setanta Sports. The noticeboard at the entrance to the club should keep you up to speed on what's on and when!

Socially the next event for your diary is Members Night on February 21st. A soul band named Expression played a private function here over Christmas and were that good that we asked them to come and play at this party! Tickets are available now at reception.

On a completely different note, parking can sometimes be an issue at the club. Hopefully not any more. Please note that with immediate effect you are welcome to park in Slater St School car park after 5.30pm, as well as outside the industrial units opposite the club. If you are unsure where I mean, just ask at reception on your next visit.

As a final word I would ask every one of you to make sure you're getting the most from your membership – particularly in the current climate. For example remember that all our gym programs are complimentary (unlike most clubs), squash courts have no court fees & no racket hire fee (unlike most clubs!), you are welcome to bring your children swimming at weekends between 10am and 2pm (you guessed it, unlike most clubs!) and free coffee mornings every Wednesday!

We're in the process of putting together a list of companies who will give you discount when you show your Abbey membership card. When the list is done we'll put it on the website. If you'd like your company to be on the list (remember we have over 2300 members) then please let either Yvette or me know.

Hope to see you soon,

Andy