

Abbey Sports & Leisure Club

June / July 2009 Newsletter

Well summer's here (is it really?) and as ever there's plenty going on around the club. As ever if you have any comments or questions about anything at the club then please give me a call or email me directly at andy@abbeysports.co.uk.

Starting in the gym, June sees the launch of '*Abbey's Got Weight Loss*' - a 10 week challenge.

Each instructor will have a team of members, with the simple aim to shed as much weight from them as possible! As I write there are a few places available, ask one of the gym team for details. Updates will be available from the notice board in the gym!!

Also in the gym we have recently added to our dumbbell selection and purchased another squat rack. Other areas of the gym will be renewed and improved over the coming months.

If you feel your training could benefit from expert advice, why not book a free appointment with an instructor? They'll advise you on all areas of your training and give you a fitness test if you wish; also free of charge.

Socially there's plenty going on around the club. This Saturday (June 10th) we're holding a Credit Crunch Members Party! All drinks are £1.50 all night! Entry is £2 and all are welcome, including non-members.

Another date for your diary is the Summer Ball on Saturday August 8th. More details on that to follow.

Looking a little further into the year, we'll be holding our first Barn Dance on Friday October 2nd!! Checked shirts and cowboy hats will be essential!

The bar has been a busy place over the last few weeks, thanks largely to the mass of sporting action shown live on the big screen. As well as the rest of the Lions tour, we also will be showing The Ashes and plenty of other events. Drinks promotions often accompany various matches; check the notice board in the bar for full details. Whilst you're in the lounge why not try some food of Neil's summer menu?! As well as the regular menu, there are also frequent theme nights, such as Steak Night and Curry Night. Neil's blackboard in reception will keep you up to date!

You will probably now be aware of the Abbey Travel Club, we have set up in association with Millington Travel. This is an ongoing relationship which hopefully you will make full use of. As well as guaranteed discounts, there will be new and exclusive deals regularly being made available to club members. In order to take advantage all you need do is show your Abbey membership card when you call in to Millington's.

One area I should draw your attention to is the floor in the corridor and stairs to the pool area. It's being replaced over the next couple of weeks; please bear with us in the meantime. Speaking of the pool area can I take this opportunity to ask members not to blow on, or pour water on the stat in the steam room. Not only does it risk causing damage to the equipment, it is also very antisocial. If you see someone doing this please speak to a member of staff.

On a lighter note, you may be pleased to know that you will be able to have your car washed whilst you train over the summer! Further details of this will follow shortly.

Finally I'd like to say thank you for your continued company at the club. We're all aware that times are tough and are very grateful that you choose to spend your time and money here.

Very best wishes,

Andy Tee

Club Manager