

Abbey Sports & Leisure Club

March '09

Welcome to the latest 'catch-up' from around the club. These newsletters are also available on our website at www.abbeysports.co.uk and via our Facebook group (Abbey Sports and Leisure, Leicester).

FITNESS

If you began a new fitness regime in the New Year, around now you should be reaping the benefits. Ask yourself what you set out to achieve (weight loss, muscle tone, general well being etc) and then also ask if you think you are seeing results. Hopefully the answer's yes, but if not then come and see us! Reviews with the gym team are complimentary and well worth it, just to tweak your training and make that sure you're headed in the right direction.

Our 6 week 'Fat Busters' club proved to be a huge success. Over 100 people took part and some of the results were really excellent. Several members lost between half a stone and a stone – proving if you mean business anything is possible!!

If Salsa is your thing then get down to the club on Monday evenings. 7.00pm until 7.45pm is for beginners and 8.00pm until 8.45pm is for those who have an idea of which foot to put where! It's proving very popular and is surprisingly good for general fitness levels too.

Have you thought about taking part in group exercise (classes), but never got round to it? If you'd like advice on which class would be most suitable for you, make an appointment with Sharon, Yvette or Michelle at reception. You don't need to book for any classes, except Spinning. Simply turn up 5 minutes before the class and let the instructor know that it's your first time. Good luck!

SOCIAL

If you missed February's Members Night then you missed a treat. Photos are available on the website (www.abbeysports.co.uk) or our Facebook group, with the place packed to the rafters. Thanks to everyone who came down, I trust you enjoyed it!

The next date for your diary is the Red Nose Quiz, on Wednesday 11th March. Entry is £1 with all proceeds from the quiz and raffle going to Comic Relief. Non members are very welcome and the quiz starts at 7.45pm.

May 16th is our next Members Night, a 60's and 70's night with live music and food as usual. Tickets will be on sale later this month. Following this the next date is Saturday June 20th and we're having a Barn Dance! Yes, I did say a Barn Dance!!! We'll have the BBQ going. The whole family will be welcome!

The final date to ink in is August 8th, which will be our Summer Ball. More details will follow over the coming weeks about this.

GENERAL

I'm sure many of you have, by now, tried the food from Neil in the kitchen. If you haven't then I'd recommend that you do. You may be interested to hear that Neil is here and cooking on Mothering Sunday (March 22nd). A two course lunch, including complimentary flowers and chocolates for all Mothers, is only £10 per head. This is on a booking only basis, please contact Neil direct on 07817 638877 to book or ask any questions.

Harley's Hair Salon at the club would like to make you aware that a Cut & Finish with Jessica is currently half price until the end of April. Meanwhile Absolute Beauty are offering an Aroma-Stone Deluxe full body massage for only £10 throughout March.

Non members are welcome at Harley's & Absolute Beauty, as they are with Fitz McFarland; who has a Physiotherapy clinic in the club.

Hopefully you'll have picked up a leaflet from around the club which details discounts which are available to club members at other local businesses. If you'd like your business to be on the next leaflet (due out in the summer) please let me know, or leave details at reception.

Those of you who come down at busy times, please remember you are welcome to park in the School car park after 5pm in the evening – located next to the overflow car park. It's not long now until the Bowls Club next door close for the summer, I'll let you know the date as and when I get it. After that date you are welcome to park anywhere you like!!

Finally thank you for your continued company, if you have questions or comments please feel free to use the suggestion box at reception or contact me directly at the club,

Warm Regards,

Andy Tee

Club Manager