

November / December 2009 Newsletter

Firstly some good news and some bad news!! On, or around, December 10th, we will begin the process of refurbishing the shower areas in both changing rooms. Whilst this will obviously improve the facilities here, it will also inevitably involve some disruption. I will keep you informed on dates nearer the time.

Secondly, some dates for your diary including the Christmas Quiz (Weds 9th December), Christmas Members Party (Sat 12th December) and the Kids Christmas Party (Sun 13th December). I know it's a long way off but I should also tell you that we'll be holding a New Year's Eve Party as usual.

The lounge is also busy during the week, showing plenty of live football and rugby. For a list of what's on, check out the noticeboard between the lounge and reception. Also remember that from 7pm onwards, Monday to Thursday, all drinks are £2 for club members.

Gym & Studio News!

Remember that here at Abbey we offer **FREE** fitness testing. Other clubs charge up to £20 for the same type of test! If you'd like one please just book it in the gym or at reception. We'd recommend them, along with regular programs (also free) as a way of ensuring you're getting the most from your training.

In the studio, Boxercise is now up and running, and proving very popular! Stuart takes the class every Wednesday at 7.45pm for an hour. Currently you need to book for this class at reception - which you can do up to a week in advance. Also new to the timetable is the 'More Mature Movers' class, which is every Friday from 11.15am to 12 Noon with Jill. The class does exactly what it says on the tin!

If you're mainly using the gym at the moment, have you considered trying a class or two? They're included in your membership and can add variety to your workout! If you'd like to talk about our classes then please speak to Sharon. If you don't know who she is, or can't find her, leave your details at reception and she'll call you back.

*On a different note, I must remind you about **'The Abbey Travel Club'**. In partnership with Millington Travel, we have secured some exclusive travel benefits for all our members. As an example of some of the **ongoing** offers available:*

- 1. 5% discount on ALL package holidays**
- 2. 10% discount on all car hire and airport parking**
- 3. Monthly Specials - which will always be included in these emails.**

November's offers include:

- 1. As I write, a week in Tunisia, half board from B'Ham, for £240 p.p.!*
- 2. Flights to Australia next year for £622 inc taxes & visas!*
- 3. 7% off all ClubMed luxury all inclusive holidays!*

To find out more about these offers call Millington's on 0116 2509955 and remember to quote your Abbey membership number!

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Millington Travel aren't the only ones kind enough to offer discount to club members. Very shortly we'll have a leaflet at reception with a list of local companies who'll be happy to give you discount on production of your club membership card. If you know of a company who'd like to offer members discount then please let me know. The list will also shortly be on the club website.

Referrals!

Before I leave you can I remind you that in November we'll give you **£20 cashback** for every member you refer to join! Please be sure that the new member quotes your name at point of joining and we'll leave your £20 at the club to collect on your next visit. There's no limit to the number of referrals you can make!

Thanks very much for taking time to read this newsletter, I look forward to your continued company at the club,

Warmest Regards
Andy Tee
Club Manager