



MEET YOUR STAFF
JONATHAN EDMONDS

OUR WEEKEND WARRIOR OFTEN FOUND HERE ON LATE AND EARLY SHIFTS TOWARDS THE END OF THE WEEK.

AS WELL AS MANAGING RECEPTION JONATHAN CAN ALSO BE FOUND LENDING A HAND WITH ALL COMPUTER TASKS AS WELL AS ALL OF WEB DESIGN.

WHEN AWAY FROM WORK HE CAN BE FOUND ON THE ARCHERY RANGE, OR WALKING THE DOGS.

MEMBERS OF THE MONTH

CHOSEN BY JON AND JONATHAN,

MAX GUTTERY & GLENDA SMITH

CONGRATULATIONS

Health Club Update

OCTOBER / NOVEMBER 2011

Whats New....

Fitness Myths....Fact or Fiction....

After years around the gym floor at many clubs you can hear some pretty interesting statements regarding training. On the right are a few statements, can you decide if they are fact or fiction.....

Personal Training

From £25 per session the best way to ensure you reach all your goals.



Can I turn fat into muscle?!

Fat and muscle are two completely different tissue types, however both can be used to fuel the body, muscle under extreme circumstances. Unfortunately, a keg can't be turned into a 6-pac. **FALSE**

Weight training will give women big muscles like a bodybuilder?!

It will only happen if you train, and eat like one. To ensure you don't, keep to low weights and high reps. **FALSE**

Will lifting weights burn fat?!

Muscle building is "anabolic", and as such requires calories to continue, if you have run out of carbohydrate, fat is the next available fuel source. **TRUE**

Sit ups will give you a flat tummy?!

This is the same as our first myth, genetically, humans store weight around the middle of the body. To get it flat, change your diet and increase exercise. **FALSE**

A warm up/cool down is vital?!

That little 3-4mins before exercise is vital, it helps to get muscle groups prepared for exercise, or flush out toxins that are accumulated as a results of anaerobic exercise. **TRUE**

Try.....Classes

Classes provide a fun, challenging environment in which to exercise.

Always taught and in some cases led by an instructor, what better way can you have to get in shape.

Classes offered here at "the beach" feature spinning, a cardio based class, through to circuits and kinesis circuits.



Both are ultimate ways to not only improve cardio, but work on some local muscular endurance.

Others include Core/Fitball and Pilates, a great way to focus on specific body parts. Most are free, or reasonably priced.

Try something new, book at reception today

