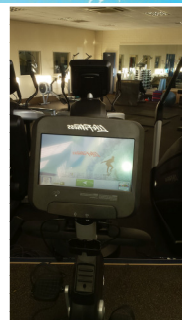
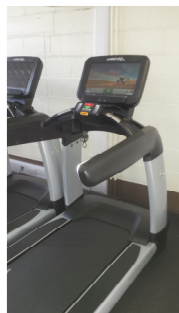


Newsletter – New Year 2016



Dear Members,

If like me you have over-indulged a little during the party season, then please turn over for some ideas on how to [detox during January](#).

Thanks again for your patience during the [refurbishments](#) and improvement taking place since the summer.

The [Sports Hall](#) store is on schedule for completion in the next few days and the [Fitness Suite](#) upgrade is complete and will be re-opening on 2 January.

The [new programmes](#) for 2016 have now been published to the website. There are a few changes so please do take a look.

New [swimming lessons](#) have been introduced on Fridays from 4-5pm to try to deal with the waiting list for beginners. Half the pool will remain available for leisure swimming. [Super Soccer Stars](#) has been added to the courses list on Thursday mornings, a Football-based development programme for pre-school 1 to 3 year olds.

A [Happy New Year](#) from the Sports Club Team.

JANUARY DETOX SUGGESTIONS

Have you over-indulged a little like me??
Well don't worry, put it right with a January detox!!
Eat properly this month, and pick a couple from this detox
short list. You will soon be back in shape....

- Sign up for [Class Pass](#) (unlimited classes) and pay nothing until 1 February, OR
- Buy a 6 [exercise class voucher](#) for just £25.
- Get moving with LF connect on the new [Fitness Suite](#) machines
- Sign up with one of our brilliant [Personal Trainers](#)
- Join in with [Badminton](#), [Squash](#) or [Football](#) member socials on a Monday evening. All standards are welcome.
- Take part in [Freedom Fitness](#) group circuits any evening, or try Dan, Stephen or Lauren's [circuit classes](#)
- Learn [Yoga or Pilates](#) for holistic health in 2016

Whatever you decide to do, stick at it and feel better fast.
If you need more help speak to one of the [Fitness Team](#) or [Wellbeing Team](#).

Good luck!
The Sports Club Team



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