



THE LEISURE CLUB
WHITTLEBURY HALL

Leisure Club Members News, Updates and Information September 2011

Hello to all Members,

Welcome to the latest edition of the official Leisure Club newsletter.

September is one of the most important months on the fitness calendar as it's the period just after the Summer holidays and only three months to Christmas. A lot of members use this time to knuckle down and work hard on their fitness regimes.

The member's loyalty scheme is now live, why not take up the challenge of trying to earn some excellent rewards. Please see The Leisure Club reception team for more information, and full terms and conditions.

Top Training Tip of the Month – FITT Principles

A lot of fitness instructors use the FITT principles to ensure that the programs created for members are achievable in order for you to obtain your goals.

If you work your program out around the FITT principles, you can check if you are training to your body's capabilities.

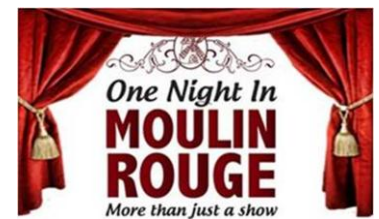
- F (Frequency) – How often do you work out? You really need a minimum of 3 times per week.
- I (Intensity) - How hard do you work out? Are you working hard enough to be out of breath?
- T (Time) – How long do you work out for? You should be training for at least 45 minutes to an hour
- T (Type) – What type of exercise are you doing? Is it fat burning or fitness training?

Try and write down honest answers to the above questions and see how challenging your current workout routine is. Remember you need all of the above components to be in place to ensure you reach your goals!

Personal Training has so many benefits. Whether you are struggling for motivation or would like a change in the way you train, maybe you want to try something new or you just really want a good, hard workout! No matter what your goal is, we have the trainer suited to your needs to make sure you achieve exactly what you want.

Just let us know what your goals and we will put together a training regime that suits you and you alone!

Call the Fitness Team today on 01327 850435 to arrange a session or visit The Leisure Club reception.



EXCLUSIVE LEISURE CLUB MEMBER OFFER

**Moulin Rouge
Friday 14th October***

Join us as we transport you back in time to Bohemian Paris, 1900...to the Montmartre and the world famous Moulin Rouge...

Meet the 'Diamond Dogs' – The women of the night, the temptresses of this city as they sensually dance to the "rhythm of the night".

Join us for an evening of great music and food with a three-course dinner and half bottle of house wine per person.

**Special Member price of
£39.95 per person*
(usually £45pp)**

**Call 0845 400 0003 and
quote your Leisure Club
Member number to book.**

*Terms and conditions apply. Subject to availability. See website for full details.

Whittlebury Hall



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Class of the month – Zumba

Zumba is a great way to tone and firm up while doing a lively upbeat Latin dance routine. The benefits of Zumba are:

- You can burn up to 800 calories in one session!
- It tones the abdominals
- It's a great stress reliever
- It curves the boredom of the gym and is upbeat and fun
- It's FREE to members

If you would like to sign up to a class, please call The Leisure Club Reception on 01327 850450 from 5th September.

NEW Beginners and Advanced Spinning Classes

We will be running beginners and advanced spinning classes in September and October, please see below the timetable:

Beginners:

- Thursday 15th September
- Thursday 29th September
- Thursday 13th October

Advanced:

- Thursday 22nd September
- Thursday 6th October
- Thursday 20th October

All classes will be held at 6.15pm, to sign up please call The Leisure Club Reception on 01327 850450.

Other news and events...

- Don't forget you can bring a friend for FREE on Friday 23rd and Friday 30th September
- You can now register one friend for FREE for a 5 day pass* in September!!
- Watch this space for more details on our Wine and Cheese evening in October
- Thank you to all members who attended the quiz night. We raised £250 on the night for the Restart Programme at Northampton General Hospital
- Check out the NEW Autumn Day Spa packages at www.thedayspa.co.uk and look out for the NEW Indulgence Day and Deluxe Top To Toe Day

Warm regards,
Greg

Greg Darkes, Leisure Club Manager

**Members are only able to register one friend and the pass is for 5 consecutive days during September.*



EXCLUSIVE LEISURE CLUB MEMBER OFFER

**Robbie Williams
Tribute Night
Friday 28th October***

Back by popular demand, an evening which will truly entertain you!

Come along and enjoy an evening of entertainment with all your favourite songs such as Bodies, Angels, Let Me Entertain You, Rock DJ and Millennium...

Join us for an evening of great music and food with a three-course dinner and half bottle of house wine per person.

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