



Health.

Physiotherapy
Sports Therapy
Dietician
Pru Health
Osteopathy
Chiropractor
GP Referral

Fitness.

Fully Equipped Gym
20m Swimming Pool
Sports Hall
Sauna
Steam
Jacuzzi
Studios

Life.

Café
Bar
Social Events
Shop
Holistic Therapist
Beautician & Therapist
Affiliates

Dear Member

Welcome to the **January** edition of our member newsletter - designed to keep you informed about any news and events at The Park Club. So why not come along, meet new friends and take full advantage of your membership? Some activities are subject to availability, so guarantee a place by calling 01235 206777.

Yours sincerely

Neil Morris

General Manager

Please save us to your 'safe senders' list to ensure that our communications reach you properly

**HAPPY
NEW
YEAR**

Club News



Open Weekend 14-16th January 2011

- Come and workout for **FREE** • **FREE** Swimming • Turn up **FREE** PT Session
- **FREE** Group Exercise Classes • **FREE** 121 Swimming Taster*
- **FREE** prizes including – Win a lifetime membership

*limited availability



Adult & Junior Private Swimming Lessons

Need help with swimming for you or your child?

The Park Club has spaces for Adult & Child swimming lessons with times to suit.

Call Kirsty today to book your space or email swimming@parkclub.co.uk



Shape Up programme

The SHAPE-UP Weight Loss Programme will combine nutritional sessions with group personal training to get you to a size & shape that your happy with. For more information contact reception or a member of the gym team!



Sports Hall Hire

The Park Club sports hall is available to be booked for tennis, football, badminton etc...

Slots are available for booking during the day, evenings and weekends

Speak to reception for availability and costings

Food & Beverage



Isopure Energy Supplements

The Park Club now stock a range of supplements to help you with your training examples are:

Isopure Low Carb 40g
Isopure Mass 35g
Isopure Perfect Burner

Isopure Perfect Protein
Protein Bar – Strawberry
Plus more....

Check them out at the Café today!

Fitness Myths from the Gym Team -

Weight training for females will give you bigger muscles and size?

Wrong! Many females are put off by weight training due to a fear of increasing muscle size. Untrue, weight training can help you shift the weight away, and also give you a nice physique by defining the areas that your most conscious about. As instructors we concentrate on the amount of reps for losing weight and toning up, which would involve high reps and low intensity. This enables our client to enter the cardiovascular zone where you are burning calories.

So in turn, if we concentrate on someone who wanted to increase muscle size we would concentrate on high intensity and low reps. However to get the best results from weight training whatever your goals, you need to concentrate on maintaining a slow tempo and good technique. This will increase your metabolic rate and your immune system will act quicker to strip the fat away.

Overall weight training for females is a great way to achieve your fitness goals. If you would like more information or help with your programme please come and see one of our Personal Trainers.



Swimming Lessons Voucher

Visit www.parkclub.co.uk to download a FREE half price 121 Swimming Lesson voucher to be redeemed during January 2011.



Spotlight on: Personal Training

This Month: Sandra Abasolo

Sandra Abasolo epitomises a 'healthy lifestyle', a highly qualified Personal Trainer with vast knowledge of different types of training. She is a firm believer that when achieving physical fitness and your desirable figure, hard work pays off. Whether your goal is to lose weight and tone up or to improve your flexibility/posture, Sandra will push you all the way and help you reach your goals in a faster and more effective way. Sandra also believes in the huge importance of nutrition, and the role it plays when improving your fitness levels. She has a vast amount of knowledge in this subject and is very effective in improving your diet.

Book in for a FREE Personal Training taster session, and see how effective Sandra's sessions can be.

Experiences:

- Participated in different types of dance.
- Healthy and active lifestyle especially with running and training outside.
- Teaches LBT and is newly qualified as a Zumba instructor.

Qualifications:

- Level 2 Gym Instructor
- Level 3 Advanced Personal Trainer
- Nutrition qualification
- Exercise to music
- Kettlebell Instructor
- Zumba Instructor

BODYCOMBAT™

BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness. Classes at the Park Club run on Monday at 17:30pm, Tuesday at 12:15 and Wednesday at 18:35.....Come and join the Fight!!!



www.parkclub.co.uk

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