

# Dear Member

**2011 is now upon us so let's make it a great year!!**

## January Boost

Let us help you shake off the winter blues and start to feel good in the New Year with a brand new routine incorporating all you need to kick start your fitness campaign. With personal programmes designed just for you and a great range of classes available we've got something for everyone.

## Calling all mums....

With our FREE crèche open daily, why not take a well earned break from the kids and get some "me" time back in your life. Try one of our classes or even just chill out and unwind in the sauna.

**Sun Bed courses;** Now available, unlimited sun beds @ just £25 per month.  
(Maximum of 10 minutes in one session).

## Bring A Friend

Bring a friend or family member to the club in January and they can have a free workout with you. It's always good to have a workout buddy (or buddies!!) as it will motivate you when you need it. They are under absolutely no obligation to join but if they do you will get a month **FREE!!** Ask reception for a voucher!

## Ladies First Beauty Offers

20% of any beauty treatment during January.

## New Class Timetable

From January we have a new group class timetable which now includes Zumba twice a week.



## Let us help you reduce the signs of aging.....

*As we get older we tend to get heavier, slower & less flexible. Bone density decreases significantly especially in women and the aging process marches on.*

*But it's not all doom & gloom...people who get regular exercise and take control of their diet can actively reduce the signs of ageing.*

**Your friendly helpful team are waiting for your call.**