

APEX NEWS

Spring 2011



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As Spring is now upon us, it is time to "**Put The Spring Back in Your Step**". The Apex Leisure Centre has gone through some changes throughout the past few months and we would like to thank you all for your patience, during these changes.

The facilities available include a luxurious and spacious 12.5m swimming pool, Spa, Sauna, gymnasium (ranging from free weights/cardiovascular and resistant machines) plus a spacious Fitness Studio. The Fitness Studio, is also open to residents when there are no classes in progress, please note, it is important to book in advance with the Leisure / Estate Management staff before use. This will ensure there is no overlap with other activities ongoing in the studio. Some of the classes are free to all residents and others will incur a small charge. It is important that residents participate in the classes to make it a success. We hope that we can count on "**YOU**", to make this happen. Please be aware that all guests must sign in before using the facilities this is for security and Health and Safety reasons.

SUNBED AVAILABLE



Get a Spring Tan. Try our fantastic Sun Bed and be the envy of all your friends. Get that Natural looking Sun Tan Now. Tokens can be purchased from the reception desk. £6.00 for 5mins. **Client Record Cards & Health & Safety Records must be completed and signed before use.**

Apex Fitness Timetable

A New Fitness Timetable is being introduced within the Apex Leisure Club.. *As long as we have good attendance, we intend to keep many of our classes running so no excuses for missing that class you've been thinking about!*

"Free Taster Classes" – Coming Soon.....

Apex Tip of the Month

HEALTH & FITNESS:- Get on your Bike

Remember as a child freewheeling down a hill on your bike, the wind in your hair, the exhilaration, the freedom? Well get out your old bike and give it another whirl. More than three million people in the UK ride a bike each month and it's getting more popular as a great way to get fit and healthy.

You don't have to start out as an athlete when it comes to cycling. Most people can do it, from toddlers to teenagers, to people in their eighties and those with disabilities.

Cycling is far easier to slot into your everyday life than many other forms of exercise. It has the benefit of getting you from A to B as well, so it could save you money on transport.

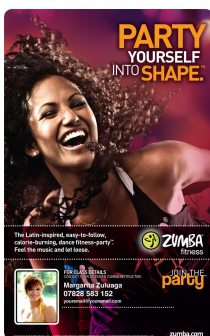
ZUMBA DANCE FITNESS

(Adult & Children)...has taken the UK by storm, with its easy to follow calorie burning, dance routines.

If **YOU** would like to see this implemented at the Apex Leisure Club ...**LET US KNOW NOW....WE**

NEED "YOU" TO MAKE THIS

HAPPEN!..Booking also available for group parties.



GYM ETIQUETTE

Please ensure that you abide by the Apex rules whilst in the gym. This will ensure a safe, clean and happy gym environment for all. Most importantly please bring a towel and some water, and don't forget to wipe down the equipment after use.

Thank you.

PERSONAL TRAINING/REFLEXOLOGY

Personal Training, Reflexology & Massages are also now available. Please note that there is an extra charge to this service.

Agnieszka Waszkielis (Aga) - 0784 359 0895 or email

waszkielis@yahoo.com

MSc, BSc Phys Ed, PGDip Sports Rehab (Sports Rehabilitator, Injury Rehabilitation, Personal Training, Sports/Remedial Massage, or Swedish Massage)

Paul Eastwood (Reps3, Personal Trainer) – 07891 065 062 or email

paullifeit@hotmail.com

Chris O'Brien (Level 3, TIDE, HSLA) – 07963 289 353 or email

chrisobpt@hotmail.com

Julie Winkles – 07908 483 201 (Massages, Reflexology, Holistic Healing)

Due to the misuse of the Apex Leisure Club, we reluctantly now have to robustly enforce the following policy for the benefit of all the Residents of Kew Riverside and we would respectfully ask you to adhere to these guidelines. With the new levels of investments into the Apex Leisure Facility we need to ensure that the benefits are firstly for the Residents of Kew Riverside, and not the wider community. Reasonable restrictions for the use of Apex Leisure are in place for the Health & Safety, Security and well being of all Residents.

Personal Trainers:

All Kew Riverside residents who use private Personal Trainers; the Personal Trainer(s) are now to pay for the use of the Facility and under no circumstances must Personal Trainer(s) continue with Personal Training unless they have signed in and produced their personal Certificates and Public Liability Insurance to the Apex Leisure Facility. Personal Trainers must also sign the relevant contract that is enforced by Apex Leisure Facility. All Residents are responsible for their Personal Trainer(s) and are required to inform them of the terms and conditions applicable at the Apex Leisure Facility.

Fitness Classes:

With the high demand for Fitness Classes at the Apex Leisure Facility, there will be a reduced charge for certain specialist Fitness Classes. Residents may bring 1 guest only to any class. Guest will pay at the full rate for classes which will be held in the Studio at Apex Leisure.

Fitness Facilities:

- * 1 Resident is allowed to bring 1 guest to use the Gym and other Fitness Areas
- * Guests must be in attendance with the residents during their time at the Apex Leisure Facility
- * Residents must sign in their guests at all time in the Guest Handbook at the Reception Desk
- * No children under the age of 16 are permitted to use the Gym at any time

Pool Area:

- * 1 Resident is allowed 1 Adult Guest and 1 Child Guest to the Apex Pool Facility
- * All Children under the age of 14 must be supervised at all times by an Adult over the age of 18+ in the Swimming Pool Area
- * Strictly, no children under the age of 14 are not permitted to use the Jacuzzi or the Sauna at any time. Health & Safety is our main priority for all users, especially the younger users, as their sweat glands are not fully developed to take the increased temperature in the Sauna and the chemicals that is used within the Jacuzzi.
- * Prams/Buggies are not permitted in the pool area at any time.

How to keep motivated

Have an induction/programme – ensure you ask for a demonstration of any of the equipment you are unsure of as this will make you feel more confident about working out.

Get a personal trainer – if you've booked a session with a trainer you will be less likely to cancel your gym visit.

Exercise with a friend – this can introduce a competitive element between the two of you which will push you further.

Keep a training log – this acts as a motivator, adding another entry means you're one step further towards your goals.

Book a post-workout massage – something to look forward to after your workout, massages improve circulation and help to get rid of waste products produced during exercise.

Reward yourself with new sports clothing – buying something you can't wait to put on will spur you on to return to the gym to test it out.

Treat yourself to a post-exercise snack – replenish your energy stores with a healthy snack, make yourself a smoothie or meet a friend in a local juice bar.

MYTHS ON FITNESS:

Fitness myth no. 1: running on a treadmill puts less stress on your knees than running on asphalt or pavement.

Running is a great workout, but it can impact the knees and as it's the force of your body weight on your joints that causes the stress, it's the same whether you're on a treadmill or on asphalt. The best way to reduce knee impact, is to vary your workout. If you mix running with other cardio activities, like an elliptical machine, or you ride a stationary bike, you will reduce impact on your knees so you'll be able to run for many more years.

Fitness myth no. 2: doing crunches or working on an "ab machine" will get rid of stomach fat.

Ab-crunching devices might "help strengthen the muscles around your midsection and improve your posture", being able to "see" your abdominal muscles has to do with your overall percentage of body fat. If you don't lose the stomach fat, you won't see the ab muscles. Can doing ab crunches help you to lose that stomach fat? Experts say no.

"You can't pick and choose areas where you'd like to burn fat", So crunches aren't going to target weight loss in that area. In order to burn fat, you should create a workout that includes both cardiovascular and strength-training elements. This will decrease your overall body fat content, including the area around your midsection".