

Apex News

August 2009

Classes

Pilates – Perfect for improvements in core stability and is widely used for rehabilitation and prevention of back pain.

Yoga – Iyengar Yoga concentrates on improving skeletal alignment, building strength and flexibility throughout the body.

Ski Fit – Leg strength and dynamic balance exercises, ideal for improving skiing technique and endurance.

Cycle Fitness – Featuring specially designed spin bikes with the main focus on aerobic fitness and calorie burning.

Kids – Children aged between 5-8 play games and do a variety of exercises designed to enhance co-ordination and wellbeing in a safe and supervised fun session.

Please support classes at The Apex and don't forget you can bring guests.

Please ask staff for any further information.

Massage at The Apex

Use the weekend to unwind at The Apex. Book yourself in for a relaxation massage over the weekend to release stress that has built up during the week. After the massage, why not use the Jacuzzi and pool to relax even further? Alternatively, book a deep tissue massage to release tight muscles around the body.

August Offer - Book a 1 hour massage at the weekend and only pay £37.

Class Timetable during August

Yoga will be running for the first week of August and will then not resume until 1st September .

Pilates won't be running on Monday 17th August, but all other Pilates classes will run as normal during the remainder of August.

All other classes will run as normal. Please look at the classes notice board (situated outside Studio) to confirm the class you want to attend is running.

Thank you.

Ask us Anything!

Want to know more about what goes on in The Apex but afraid to ask? What is Ultrasound? What is Pilates? Is Yoga for me? Am I too old to exercise? Can I get nutritional advice? Can I exercise whilst pregnant? All staff are friendly & approachable – please feel free to ask any questions & we will be happy to help.

Special Offer!

Book a 1 hour massage at the weekend and pay only £37*

*Only available during August 2009

Lost Property

We have a large collection of various lost items found at The Apex over the past few months. We will be either throwing these items away or giving them to charity on 18th August. A list of all these items is available at the Apex Leisure Reception Desk so please come to see if we have any of your property.

Thank you.

Swimming Pool

During the summer holidays the pool does get busy at certain times. Please make sure that any outdoor footwear is not being worn in the pool area (including sandals and flip flops). This is for health & safety reasons – anything could be on outdoor shoes that could transfer to & infect the pool area! Please remove shoes or wear the blue shoe covers provided.

Thank You



motive8

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Mat's Exercise Tip - Super Summer Circuits

Here are a couple of circuits for you to try that will get you in shape for the summer holiday season. They both include some cardio and exercises that will use most of the main muscles in your body.

Both circuits are ideal for weight loss and toning, the full body exercises keep your heart rate up so you are constantly burning lots of calories. Try to do circuit 1 as quickly as you can then rest for 2 minutes before going again (same circuit). See how many times you can repeat this.

The next time you visit The Apex have a go at the other circuit and then compare the two results!

Circuit 1:

Run/X-train – 800 metres
Walking lunge – 20 steps
Push ups – 20 (full or on knees)
Cycle – 800 metres
Sit ups – 20
Burpees – 10

Circuit 2:

Row – 500 metres
Mountain climbers –30
Jump squats – 15
Row – 500 metres
Step ups - 30
Assisted chin ups – 15

Nikki's Exercise Tip - Core Training

Whilst many people relish the start of summer and the chance to show off some skin, for others it can spell a period of terror - that is, knowing you've overindulged during winter and dreading the thought of bearing your midriff for everyone to see!!!

Not surprisingly, one question that commonly arises at this time of year is how to get rid of that annoying middle!!! Sadly, the frustrating truth is that the midsection is one of the trickiest areas to tone and religiously doing crunches every morning won't solve your problems. Here, I have put together an exercise plan which caters for men and women of all sizes and abilities that, when combined with a balanced diet and a bit of dedication, will get you that one step further toward looking good in no time.

Crunches only target the superficial abdominal muscles, which isn't the most effective way to work your abs. Research from the university of Virginia found that to burn one pound of fat, you would have to do 250,000 crunches!! Instead, you need to target those muscles which lie beneath the superficial ones, namely your transverse abdominous, multifidis, and internal

obliques. Strengthening these muscles will pull in your middle like a corset, keeping the area looking flat and toned.

Recommended Exercise Plan:

- The Plank
- The Side Plank
- Glute Bridge March
- Lunge with Rotation

Do these moves on 3 non-consecutive days a week. Start with these basic moves to prime your muscles then after 3 weeks you'll be ready to try out more advanced moves. For increased fat burning, perform these exercises in order with 30 seconds rest at the end (classed as 1 set) and then repeat a second time. To fire up your metabolism, introduce interval training as part of your cardio 3 times a week. This will help burn fat.

For more information regarding core training, and for directions on how to follow these exercises, please speak to a member of the personal training team at The Apex who will be happy to help find those hidden abs.

Boot Camp

Motive8 will be running Boot Camps from their studio just down the road in Kew. These will start at 6:30am on Mondays, Wednesdays and Fridays. If enough people from The Apex are interested in joining, one of the team will escort people by jogging from The Apex at 6:15am down to the studio in time for the 6:30am start.

Please speak to Apex staff for further details.

Apex Challenge

The current Apex Challenge of rowing, running and cycling will continue for next month. If you haven't already entered, now is your chance and if you have, try and improve your distance!

Remember, everybody who records a distance will be entered into a prize draw to win either free personal training or massage sessions.

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