

Apex News

May 2009

Start Looking Good For The Summer

Need some motivational help to kick start your training and get in shape for the summer?

Why not come in and book a free programme with a Personal Trainer?

The trainer will ask a few questions in order to establish, goals, current fitness levels, exercise and injury history. They will then go through a programme which will suit you, pointing out correct technique and posture. The programme will be left in the box upstairs on the gym desk for you to refer to when you next come into the gym.

Alternatively, book in with one of our personal trainers at the Apex Health Club today – prices start from £33 per hour.

Special Offer!

Trial any class for the first time for FREE!

*Collect your free class token from reception prior to the session. Only available during May 2009.

Tennis Club

Why not make the most of the warmer weather by getting outdoors and brushing up on your tennis skills?

Situated on the banks of the River Thames, Priory Park Tennis Club is just 10 minutes walk from Kew Gardens or Kew Bridge stations.

With a number of weekly club sessions available, guests are welcome to join in and play alongside current members.

Priory Park Club (Kew) Ltd
Riverside, End of Forest Road,
Kew, Richmond, Surrey, TW9 3BZ
Tel: 020 8940 1503

Children's Swim Nappies

In the last few weeks we have had a couple of instances in which the pool has had to be closed for cleaning and to be chemically shocked. These instances have occurred mainly due to young children and babies not having swim nappies on.

There is great cost and inconvenience caused to other pool users every time this occurs. Please ensure all children wear the correct nappies and deposit them at home, NOT in the changing room bins.

Thank you.

Apex Challenge

Congratulations to those of you that managed to complete the tough 'Army Physical Fitness Test' challenge.

For completing the challenge, please could Yann (32 Saffron) Denise (17 Melliss) and Carrie Gillespie (19 Kelsall) make themselves known to reception in order to receive a free massage or personal training session.

This months Apex challenge is 'Cycle Pyramid Workout' – this is an aerobic-based challenge and takes around 30 minutes to complete. More information is available on the desk in the gym. Simply record a time and you could win a free massage or PT session.

Watch out for staff times and see if you can beat them! If you are unsure about the challenge, please ask Health Club staff.

Gym Hygiene

Please bring towels to reduce sweat dripping on the machines and wipe down the equipment with the tissue and spray provided after use.

Bags and coats must be placed in lockers and not left on the gym floor during your workout.

Thank you.



motive8

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Aga's Tips - How To Get Active

There are many excuses not to take exercise: too busy, too tired and too unfit are common ones. But exercising, or being active, for at least 30 minutes, five times a week will improve your health and help you live longer.

Scientific research has confirmed that physical exercise is an essential part of any weight-loss programme, in addition to having a multitude of other health benefits. At any age, exercise can protect us against disease and even help speed recovery when we do get ill.

Here are some tips to help you get active:

- 1/ Build up slowly. If you are new to exercise, start with simple walking and just get your body used to moving a little more.
- 2/ Do something that fits into your everyday life, like walking or cycling to work or the shops.
- 3/ Pick something you enjoy. This could be anything from swimming to salsa dancing. Find out what clubs and classes operate in your area.
- 4/ Try and use the stairs rather than the lift or escalator.
- 5/ Exercise with family or friends. Don't just watch your children or grandchildren playing - join in. Exercise is easier when it is a fun, social activity.
- 6/ Join a walking group. There are many locally organised walking groups who cater for all levels of fitness.
- 7/ If you spend most of your day at home, remember housework, running up the stairs and gardening can all raise your heart rate.
- 8/ If you have an office-based job, try to go for a brisk walk at lunchtime.
- 9/ Set yourself goals and reward yourself when you reach each one - but avoid treats or sugary or fatty snacks.

Mat's Exercise Tip – Super Summer Circuits

There's only one month to go before our Great British Summer is due to arrive (we should be so lucky!) and whether you're holidaying near or far, there's still plenty of time to get exercising and tone up ready for lounging by the beach or pool. One of the best ways to achieve fat loss and muscle toning is the old fashioned favourite, the circuit!

To get yourself in the best possible shape for summer time, make sure you combine some cardiovascular work at a steady pace (if you're in the gym ask for a heart rate monitor strap and exercise at 65-70% maximum heart rate, use the graph on the Life Fitness equipment to help you) for fat burning and plenty of resistance exercise for muscle toning.

As the evenings are lighter now you can get out and about to train instead of confining yourself to the gym. Try going for a run and stopping off along the way to do some circuits of bodyweight exercises like push ups, squats, sit ups, lunges, jumps etc (ask Apex staff for more ideas). Alternatively, in the gym, you can use bodyweight, machine or free weights.

If you'd like some extra help, then why not try the Beach Fit class on Wednesday evenings with Rich to get some guidance and exercise ideas!

Book an appointment for personal training, massage, injury rehabilitation, swimming lessons and much more.

**Call us on 020 8392 9404
Open weekdays 6am - 10pm
Open weekends 8am - 8pm**

Cancellations

If you have to cancel an appointment, please ensure that you give at least 24hrs notice.

Failure to do so will result in a 50% cancellation fee of the original booking price.

Thank you.

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