

Apex News

September 2009

Thank you Nikki!

We regretfully have to say a farewell to Nikki. Nikki has been with us at the Apex for over 5 years and will be sorely missed by all residents and staff. We have appreciated all the hard work Nikki has put in over the years and wish her well in the future.
Goodbye and good luck!

Special Offer!

Buy a block of 20 one hour personal training sessions for only £600* (£30 per 1 hour session).

*Only available to residents that purchase block during September 2009

Children swimming

Please can all residents ensure that children are supervised at all times, are not allowed in the Jacuzzi or sauna and that all children are out of the pool by 7pm. Please can we remind residents of the basic pool rules:

No running, diving, screaming. Please also remember that floats should be used as swimming aids and not as weapons or Frisbees.

Thank you

Personal Training

Why not try personal training at the Apex? Whether you want to get into shape for a special occasion, return to the previous shape that you used to be or if you are training for a specific sporting event, we can help.

With motive8 Personal Training you get knowledge and experience, expert guidance, a personally tailored fitness program, individual attention, encouragement and, most importantly, motivation to keep going and get the results you want.

See special offer above. Ask a member of Apex Gym staff for more details or call 020 8392 9404.

Autumn Running Events

The Richmond 10K River Run starts at 9am on 13th September and is open to all age groups over 16 years. The run starts on Kew Green and travels along the towpath up towards Richmond and entering Old Deer park at the 5K mark. The run finishes back at Kew Green back down by the towpath.

Registration is £15, minimum sponsorship £30. For more details and to register please visit:
www.richmondriverrun.co.uk

Cabbage Patch 10

The race is held on 18th October 2009. The Cabbage Patch 10 is a 10 mile race starting and finishing in Twickenham which follows flat roads and towpaths through Twickenham, Kingston, Richmond and Ham. The Cabbage Patch 10 is suitable for runners of all standards and each finisher will receive this years edition of the now famous Cabbage Patch 10 long-sleeved T-shirt.

To register and for more information please visit:
www.cabbagepatch10.com

Class Timetable Change from September

There will be no spinning until Monday 21st September at 8.45pm - 9.45pm. This will be the new time for spinning in the future. Never tried spinning? Spinning is great for fat burn off and aerobic fitness using our specialised spin bikes in the studio. Classes are £10. To register, sign up on the class boards outside the studio.

Apex Challenge

The current Apex Challenge of rowing, running and cycling will continue to next month. If you haven't entered, now is your chance, and if you already 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.



motive8

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Dawn's Tips - Buddy Training

A common excuse that people have for not exercising is that they find it boring, they have no motivation or they don't know what to do!

If this sounds like you then there is a solution...buddy training!

- It is an ideal introduction for those who are new to exercise and require a little support from their buddy to get them started
- Buddy training is ideal for people with a similar level of fitness and goals
- Competition between partners provides better fitness results
- Support and encouragement from each other

• it's more fun!

Why not start with a circuit to suit both your abilities?

For a 30 min workout, begin with a 5 minute cardio warm up, 4 exercises and a 5 minute cool down.

For each exercise, alternate between 20 seconds of work followed by 10 seconds of rest.

Repeat this 30 second set another 8 times for a total of 4 minutes followed by a 1 minute rest before moving on to the next station.

1. Squat + med ball pass
2. Plank
3. Triceps dip
4. Step ups

Aga's Tips - Massage

Muscular injuries, poor sitting and standing posture, structural imbalances, improper body biomechanics, poor nutrition and emotional stress can lead to trigger points developing, commonly called muscle knots. Trigger points are hypersensitive spots located in taut bands of muscle.

Besides producing pain locally and/or in a referred pattern, they also decrease range motion in the affected muscles. They also might manifest as tension headaches and tinnitus. Massage, especially sports / deep tissue massage, is well known to deactivate trigger points, eliminate pain and restore muscle function.

Sports massage's techniques, especially Petrissage and frictions, are well known to be efficient in breaking down the trigger points. Good posture, regular massage and a stretching regime could prevent trigger points reoccurring.

Massage helps the body recover from the stresses of strenuous exercise and facilitates the rebuilding phase of conditioning. Massage, besides relieving pain, also stimulates blood circulation, improves the removal of waste through the body, tones the body and relaxes the mind.

Swim Way Autumn Term

First lesson of the Autumn term starts on Tuesday 8th September.

Half-term break is on 27th October and the last swimming lesson is on 15th December.

There are still swimming lessons available. For more information or to book swimming lessons, please contact Swim Way by emailing danpastor@swimway.co.uk or by calling 020 8870 5091.

Apex Key Fob Security

Please can all residents ensure that they use their own key fob to enter the Apex Centre.

We have had a few occasions where security photos have not matched the person that has entered.

Residents will find they will be questioned if this is the case to prevent abuse of the Centre.

All guests MUST be signed in at reception.

Thank you.

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