



## A word from the General Manager

Congratulations to all those members who after their first three months in 2009 are achieving their goals and looking forward to the next three months, especially all our new members who have just joined. I am also delighted that even though we're in a recession, its great to see so many still wanting to stay fit and healthy, Keep up the good work!

PS - I would like to boast that a few weeks ago I became a grandad, I am absolutely made up. Thank you all for your cards and well wishes sent to my family and me.

Colin Molloy

## Membership

So, did you keep up with those New Year's resolutions or did some of them slip by the wayside?

If you are reading this then it can only be a good sign of you at least keeping up with your exercise regime.

If you do find your motivation wavering perhaps you would benefit from working out with a friend. Between the 17 and 24 of every month we have 'Buddy Week' which is

an ideal opportunity to exercise with a friend or family member.

Let them see what we have to offer here at Courtneys; you never know they might even join themselves!

Our membership team are here for you so if you have any queries with regard to your membership chat to one of the team who will be more than happy to help!

## Studio

New for April will be BodyAttack on a Friday night from 5:15pm to 6pm.

BodyAttack is a combination of high to low impact aerobic moves and athletic conditioning that will enhance your body shape.

It incorporates strength and toning sections that focus on hard-to-target areas, whilst having the latest up-lifting music to build a routine.

If you would like this at any other time, please complete a comment card with your suggestions on it.



## Gym

We would like to introduce our new part-time instructor, Danielle Noble to the Gym Team. She is a qualified Level 2 instructor, who will be working weekends.

Dan Thorpe has also been given the full-time gym position taking over from Deena, who has moved into personal training. Many members and staff will miss Deena.

In conjunction with 'Buddy Week', we will be introducing a buddy system in the gym for members who would like a training partner. All you need to do is to complete a buddy slip, place the days and times that you train and the type of training you prefer and we will then try to match you with another like-minded member.

Remember, if you're getting bored with your workout or just not progressing, please contact the Gym Team for a free program or review.

## Member Service

Pool parties - If you're thinking of holding a Kids Birthday party or need a venue for a club fun night don't forget our Pool's are available for hire.

Zoggs - Here in Water World we have a great stock of Zoggs swimwear, goggles and swimming aids all at reasonable prices, check out our display in Water World reception.

If you've anything to say, we'd like to hear it good or bad!!!

Jenny Driver

### Active Multi-sports with a Splash!

Water World and Huntington Stadium  
Have a great time and make new friends at this fun filled activity week.  
Enjoy sports such as Football, athletics, Rounders, cross country and much more.

We also have fun sessions and competitions in our fitness pool and team games, plus a chance to use Courtney's gym.

Also studio sessions.

All this as well as enjoying the slides and waves everyday at Water World.

Packed lunch and swimming clothing will be needed everyday, as well as appropriate sportswear and waterproofs

8-12yrs

7th - 10th April 2009

14th - 17th April 2009

10am - 4pm

£50.00 for one week or £20.00 a day

Call Jenny Driver for more information or to book a place on 01904 642111

## Personal Training

Personal training is about giving you the confidence, motivation and skills to a change a big part of your life - your health and fitness. Through one-to-one sessions, our clients have achieved many objectives, including weight-loss, increased muscle tone, greater energy, as well as becoming much fitter. By getting personal support, encouragement and a sense of accountability, our clients have often achieved much more than they ever thought was possible!

To find out more about personal training and current rates, call David Hawkins-Weeks in the first instance on 07769 650397.



Body massage, including:

- Sports injury rehabilitation
- Thermal Stone Therapy
- Integrated Myofascial Therapy
- Postural Analysis
- Muscle Testing
- Realignment and repatterning of muscles, tendons, ligaments and bones

Telephone

07857 620904 or 01904 702773

Website

[www.chrysalis-remedial-therapies.com](http://www.chrysalis-remedial-therapies.com)

Member of The Federation of  
Holistic Therapies



## Member Service

We like to listen to what you have to say good or bad!

Jenny Driver and David Hawkins-Weeks are your Member Service Team and are happy to (hopefully!) sort out any problems you may have in the centre or fill in a comment card and drop it into the comment boxes around the centre.

David and Jenny