

# IVYBRIDGE HEALTH + FITNESS CENTRE

• WORKING OUT TO IMPROVE OUR CHILDREN'S FUTURE •  
AFFORDABLE FITNESS • PERSONAL TRAINING

# Oct-Nov 07 Snippets

## Welcome

As we draw towards the end of the summer months we would like to congratulate all of those who have managed to continue their fitness both in and outside of the gym. Keep up the good work!!

To keep that motivation buzzing, we've provided you with tips on how to 'recharge your exercise routine'.

## Studio one partition

As you may have noticed, we have had a partition wall built within the reception area. This is to provide a better teaching space during College time, and to open up a new area in which we can have fitness classes.

The changing rooms will remain open as usual, though please proceed with caution when a class is in progress.



## Staff Changes

Hannah Colston will be leaving us to travel the globe at the end of October. Hannah has spent the past three years working here at Community Sport. We would like to wish her luck on her travels.

Having recently qualified as an instructor, Simon Bagshaw has left the reception desk and moved into the gym! Simon is very keen to help, so please use his skills and knowledge.

Also joining the team is Dan Thompson. Dan is a student here at the College studying a BTEC National Diploma in sport. And finally, joining the reception team is Gemma Warley, Gemma is a trainee Primary school teacher.

## Member Challenge

**Burn 150 calories on the cross trainer for your chance to win a new gym bag.**

**For the instructions on this month's challenge please see the member notice board.**

## Funday Sundays are back..

### Junior Gym Sessions

9.30am – 10.30am

Our Fitness Centre is open to all, school Years 8-11.  
£2.00 per child

### Badminton for All

10.30am – 12.00midday

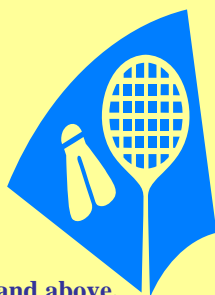
Our badminton courts are open to all, school Years 4 and above.

£2.00 child

£3.00 adult

£8.00 per family

(Based on 2 adults, and 1 or 2 children)



## Indoor Climbing

Now that the evenings are drawing in, why not try something new.

**Our indoor climbing sessions have once again started.**

**Adults on Wednesdays**

**7.30 – 9.30pm**

**Children on Fridays**

**6.30 – 8.00pm**

# fitness is fun...!

**Can all new members please remember to collect their membership card from reception. Thank you**

## Recharge your exercise routine...

### Vary your workouts

Performing the same workout week in week out is less likely to give you the results you are looking for. Not only will you become bored with your workouts and become less motivated, your progression in fitness will grind slowly to a halt.

Stressing the same body parts within each workout could eventually lead to an overuse injury. These injuries can set us back anything from a few days, to many months.

### Keep updating your programme

Given that the body adapts to training stresses every 4 – 6 weeks, we should be changing our workout routines at these times as well, these are the times to increase **frequency, intensity, time or type** of exercise (**FITT**).

If we continue with the same routine our body will soon begin to realise what is expected of it and stop progressing. Our fitness levels will plateau or even regress!

### Set achievable goals

Setting realistic targets will help you to stay motivated and continue to progress. Goals make it clear in our minds the reason for us to be working out; they give us something specific to work towards and a worthwhile reason to go to the gym.

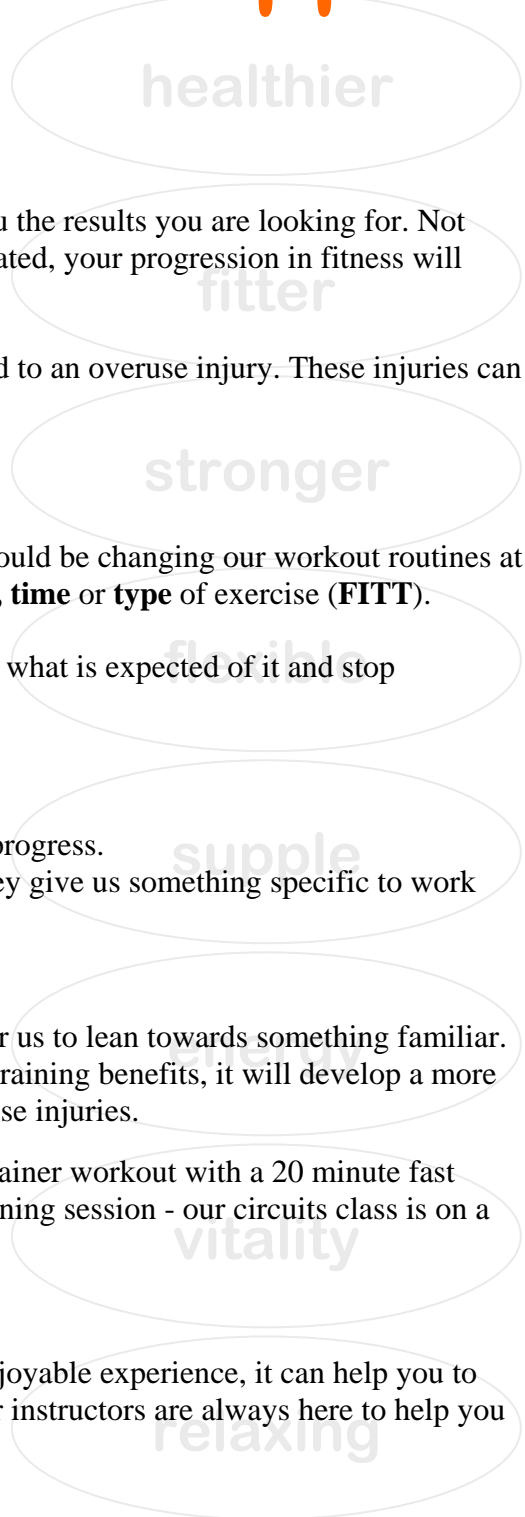
### Try something new

Why not introduce a new type of exercise to your routine; it's natural for us to lean towards something familiar. But, changing the exercise type will help provide your body with more training benefits, it will develop a more balanced level of fitness, keep us from growing stale and prevent over-use injuries.

It can be something as simple as replacing your usual 20 minute cross trainer workout with a 20 minute fast paced walk on a treadmill. Or replacing a gym session with a circuit training session - our circuits class is on a Thursday at 6.00pm.

### Find a training partner

Training with a friend or partner can make working out a much more enjoyable experience, it can help you to stay motivated, train harder and make the gym much more sociable. Our instructors are always here to help you and may also be able to train alongside you should you wish.



If you have any suggestions, or topics you would like to see covered in the next issue of 'Snippets' – leave the details with one of the instructors.

Till the next issue,  
Keep Up The Good Work