



## PACE NEWS

## Autumn 2011

### Manager's Message:

The Summer seems to be over now and the dark mornings and evenings make it harder to come to the Gym. So now is the time to get into the habit and keep or get yourself fit ready for those Christmas parties!

We have had a lot of success stories this year so far with weight loss. I won't name names but there are quite a few who have lost in excess of three stone or have just lost to get down to their target weight. Well done to you all and keep it up

### What's New?

Nick has now taken over Ab Attack on a Monday night and Rolling circuits on Tuesday morning. Both of these classes are good fun as well as hard work.

Pace Health Club are now selling and stocking protein shakes so if you're looking for the supplement that helps with muscle gaining and weight loss, ask at reception. Prices are from £2.50

Andy will be leaving us at the end of September to begin a new venture. Everyone wishes Andy Good Luck and success.

*Look out for our  
amazing referral offer  
this Autumn\**

*\*terms and conditions apply*

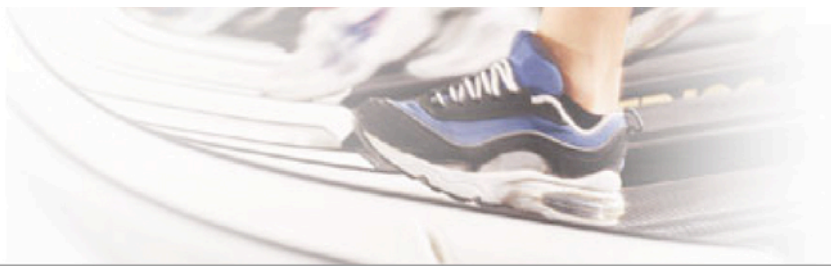
### Great Deals on Personal fitness instructing!

#### Instructor Update

- **Margaret** – Margaret has a regular attendance to her spinning classes which continue to challenge and motivate members. So if you want to try something new or need motivation give the spinning a go.
- **Jo** – has settled into her job as Assistant Manager. She will be restarting the Aqua Aerobics class on Thursday morning in October.
- **Sam** – is still leading Core Circuits on a Wednesday night and developing her PT. She is currently working towards her Exercise to Music qualification. So look out for new classes this Autumn.
- **Nick** – has been very busy with his PT recently. Please speak to him about any special offers.
- **Jo** – has now started an internship in London, but will still be around some weekends.
- **Sasha** – is now doing her work placement in Stevenage and again she will be around some weekends.

Please look at Meet the Team on the notice board in reception to see a full list of everyone's qualifications.

Personal training is a great way to add that little bit extra to your training, whether its weight management or hypertrophy (muscle building) our personal trainers are here to help. We are currently offering fantastic deals for 2 for 1 and huge group training discounts! So if you're keen to start looking lean ask Sam or Nick and they will assign you to the best possible trainer for you!



WIN a week's (5 days) free personal fitness instruction worth **£200!** Just fill in this form and hand it in at reception to be entered in the prize draw!

Name.....

Telephone No. ....

Email .....

Winner to be announced at Christmas!

Member of the Month July 2011 was Layla Drissi in the last month Layla has continued to work extremely hard in the gym. She attends the gym regularly and maintains a good level of self motivation and she is always keen to take on new challenges.

Member of the Month for August 2011 was Sarah Enright she has recently joined the dedicated group of early morning Spinners and regularly attends a variety of classes. She works hard and is extremely motivated. Sarah has also picked up on our personal training deal and has started working out with Nick



Had a tough week, feeling stressed or just fancy being pampered.

All health club members receive a 20% discount at You...Spa

All members also receive a 70% discount on spray tans so members get them for £10!!

## EXERCISE OF THE SEASON

### KNEELING PUSH UP

- Kneel several feet behind ball with palms on ball
- With abs contracted slowly lower chest to ball
- Keeping upper arms and elbow close to ribcage as your arms bend
- Return to starting position and repeat



### Gym Challenge

Keep your eyes open for the new gym challenge, coming in October