

# CLUB NEWS

*With the cold, darker months approaching, and with the threat of winter colds and flu, now is the perfect time to think about keeping your energy levels up and keep your health at its optimum!*

## WE " CONTINUE TO EVOLVE!



We never stand still... Just in the last 6 months you will notice a larger nursery (drop the kids off for a moments peace and to squeeze in your workout!), new equipment on the gym floor, a new touch-screen feedback point for us to better our service at reception and more planned work coming up that is detailed at the bottom of this letter to make your experience here at the club as good as ever going into the new year.



### NEW CLASS!

#### TAI CHI

TUESDAY MORNING'S  
AT 8:15am



## YOUR FAMILIES HEALTH MATTERS TO US...

You understand the benefits physical activity has on your health and mental well-being which is why you are a part of our club, but do you know a family member who would benefit just as you are? We will **half** their first monthly payment and deduct **£10 from your next months membership!** Not only that, but you will **both then get 10% off your membership EVERY MONTH going forward!** Contact [gina@clubkingswood.co.uk](mailto:gina@clubkingswood.co.uk) today!

## CHRISTMAS CLASS TIMETABLE:

The Christmas class timetable will be out on December 1st! We will make sure there is something for everyone during the festive period.



### MEN'S SHOWERS REFURBISHED IN DECEMBER

THE MENS MAIN SHOWERS WILL BE CLOSED FOR THE MAJORITY OF DECEMBER WHILE THEY ARE BEING REFURBISHED. THERE WILL STILL BE TWO SHOWERS AVAILABLE FOR USE IN THE STEAM & SAUNA AREA. WE APOLOGISE IN ADVANCE FOR THE INCONVENIENCE BUT IT WILL BE WORTH THE UPHEAVAL!!

### MOBILITY & FLEXIBILITY WORK DEPLETES ACHES AND PAINS!

WE HAVE A BRAND NEW FREE PROGRAMME COMING SPECIFICALLY FOR THOSE WHO ARE STRUGGLING WITH ACHE'S, PAINS & ARE TIRED OF THOSE LITTLE NIGGLES THAT YOU CAN'T SHAKE OFF!



### SAVE THE DATE!

COME AND CELEBRATE CHRISTMAS WITH US... PARTY NIGHT HAS BEEN CONFIRMED!

FRIDAY



16th DECEMBER