

Club Update

April 2007



Welcome

Welcome to all our new and returning members who have joined the club over the past few months. We hope you have settled into a routine easily and you are finding the club friendly and helpful.

January and February are always busy months as people, with added conviction, undertake to make this year “the year” they crack the battle of the bulge and we commend you all. Our experience however, knows that the strongly felt resolve can wane as the spring sets in, so our objective is to be there for you if or when that happens. We encourage you to communicate your motivation levels with us, good or poor and we are also embarking on a new retention system that helps us keep in closer contact with you. We hope it will help you from falling off the

wagon!

We can't stress enough how easy it is to be disillusioned when you don't actually loose 4 stone in two weeks – even though you worked really hard!! So please be patient and look at a genuine, long term goal that can be broken down in to smaller more achievable goals. Achieving these over time is a highly proven way to help you “get there” and makes full use of the advise and support our instructors can offer you no matter how experienced a gym user you are.

General Club Information

Ladies & Men's Showers Update!

Men's Showers NOW Closed Tuesday 13th Feb until Mon 19th Feb.

We hope that you will be really pleased with the finished result of the work planned and we appreciate that although for some it will be an inconvenience we appreciate your patience and cooperation, both while this work has been planned and during the refurb itself. The **single shower by the sunbed area will be available for use during both the men's and the ladies refurb** and a **booking system** will be in place to help those who are in need of leaving for work on time in the mornings. Reception will manage the booking sheet.

To re inform you of the work to be carried out in the ladies:

- Current flooring to be lifted
- Drains refitted with new gullies
- Floor coverings with a latex smoothing compound
- Altro Marine safety flooring with thermo welded seems laid
- Altro Whiterock wall panelling installed
- New Shower valves and shower heads

Work to be carried out in the men's:

- Regrouting of the floor
- Complete new Altro Whiterock wall panelling installed
- New Shower valves and shower heads

Café News

Do you come to the club after work before going home and leave hungry but then really can't be bothered to prepare and cook a proper meal once you get in?

Then why not take advantage of homemade, healthy and fresh food available every evening from the Windsor Club Café?

The options are typically the following (advertised weekly on the blackboards behind the café serving area):

- Char grilled mixed vegetables with fresh herbs and Cous Cous
- If you wish to add protein to this dish we cook from fresh local butcher bought chicken breast that can be tossed in a selection of herbs or spices, for example Cajun chicken, with a little olive oil. Otherwise there are a number of other options to make the meal fully balanced, with vegetarian options.
- The typical price for this dish is £3.95 (16oz portion), available to eat in or takeaway.




We also serve fresh mixed salads which can have protein toppings added as above. Typical price £2.95 - £3.95

We believe we are excellent value for money and service is always with a smile! So why not let someone else wait on you after a long day and hard workout knowing that you are replacing all the nutrients and nourishment that keeps you healthy and happy with good food! You can then head home content and relaxed.

Trial offer for Feb 07 only!

**Ask for a voucher to receive a £1 discount on any meal bought on
Mon – Thurs Evenings between 6pm and 8.30pm**

Social Activities planned for Jan and Feb 2007

Date	Theme	Where		What to expect!
Friday 16th Feb 2007	New Members Welcome Party with Pub Games	Bar		Please come and join the team and existing members for a welcome drink with Pub Games , music and merriment! If you will be arriving alone please let us know as we "host" the night so as to help all mingle. Please ask at reception for further details.
Tuesday 20th Feb 2007	Pancakes for Shrove Tuesday	Cafe		Yummy savoury or sweet pancakes as a special treat! Pre order or work extra hard to make up the calories as you won't be able to resist!
6 Nations Rugby! Sun 11th Mar	England V France	Bar		Come and watch Johnny and the whole England regain some of their former glory hopefully beating both these teams in a smoke free and comfortable atmosphere! 20 odd people came to the last game!
St David's Day 1st Mar & St. Paddy's Day 16th Mar	Leek and Potato Soup and Irish Stew on respective days!	Cafe		Enjoy a themed food week to celebrate the saints of the British isles and Ireland!! Plus! The Studio is offering extra classes on Fri 16 th so if you wear GREEN you will receive a drinks voucher!

Would you like to hire the bar area?

The bar area is excellent for a range of functions from business meetings to full-on parties (starting at over 21's) holding up to 150 people. We can also offer excellent catering services all at reduced rates for members.

If you need further information please contact Toggs on toggs@thewindsorclub.co.uk or call on 01753 867001.

Studio News

Members Committee Studio representatives required. If you are a keen studio user and happy to give up a few Wednesday evenings throughout the year to represent your fellow studio members on our Members Committee please can you contact Toggs via email or on 01753 867001 by Sun 18th Feb 07.

Blocking list back in operation! Please be aware that you must contact us to release any booked class spaces by **4pm** on the day you are booked so we can contact members on the waiting list to offer them your space. If you do not contact us in reasonable time you will be blocked from booking classes for a further 7 days. Reception will

contact you to let you know the situation, please appreciate that with classes so busy empty spaces where the class should be full is most frustrating for all.

Squash News...

The Windsor Trophy – congratulations to Will Ballantyne who beat Sonny Kalar in the very competitive final. We are sure this will become a highly contested annual event so watch out for next years entry forms!

Team News The Windsor Club squash teams have had a fantastic season. The Men's 1st, 2nd and 3rd teams lie **XXX** of the Premier division 1, and division 2B respectively. The Vets 1st and 2nd teams are also **XXX** divisions 1 and 2 and the Ladies are getting in on the act lying **XXX** in division 1. So look out for lots of silverware on display at the club at the end of the season.

Court Cancellations We are still experiencing a lot of peak time courts not being utilized though booked. The demand for courts is great but there is no excuse for courts not being cancelled - all it takes is a short phone call. We must also enforce that you **cannot book multiple courts** between 12 and 2pm and after 4.30pm in one phone call.

Court 5 back in action! You will have noticed that court 5 has been completed. Court 5 is now up to the standard of the other courts as the door down the side wall has been bricked up and the whole court has been repainted and the floor sanded.

Club Tournament planned for three weeks - Monday 10th April - Sat 28th April 07! Final Sat 28th April. Entry forms will be available throughout March but get practicing as this is a very popular event in the squash calendar and all levels will be encouraged to enter. Running it over three weeks will help to take off the pressure of previous years and we hope that members will both enter and support throughout the event.

New Ideas for you... We have investigated the implementation of a camera for video coaching, special matches and opportunity to have your game recorded for analysing.

Please use your towel! – As an ongoing gym rule please bring and use a towel to place between you and any piece of equipment you sweat on. If you forget your towel we supply paper towel that should be used to wipe away and sweat you leave behind as no other member wishes to lie in it. A little consideration does go a long way and we have ongoing complaints about members who do not abide by what really should be a rule everyone wishes to abide by!

For any information or feedback relating to squash at the club please contact Mark on 07795 082329 or email at squash@thewindsorclub.co.uk.

Gym News

Congratulations to those people who competed in the rowing challenge in their respective categories. It was a fun day and we were really encouraged by how many people wanted to have a go. Due to the interest in rowing and the excellent workout it offers when done correctly we will be holding a number of **Rowing technique observation sessions** where an instructor can help you to improve your technique throughout the rest of Feb.

Then in March we are planning a **Triathlon Challenge**, where you can Row, Run/ Walk and Cycle to compete against yourself and others. An instructor will oversee you when you wish to have your time registered and you will also have the opportunity to improve upon your time as the challenge will run throughout the month and those who try in the beginning will be able to retry as many times as they like throughout the rest of the month.

Early Ab's classes – will be reintroduced to offer a blast of the abdominals in a controlled manor on various mornings throughout the week. You will need to book in through the gym. This is a great way to motivate at a time when you often don't feel much like a final set of ten!!

Earn you Egg Promotion for Easter! – Such a fun and simple way to know you can indulge in that all important Easter Egg tradition this year! Easter is early in April so we are offering a fun way to clock up extra calories throughout the end of March and actually "earn your egg" this year! All information will be in the gym and anyone can participate so don't feel guilty this year and spoil yourself, but only if you have earned it!!!!

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Heart Rate Monitors – are now available from reception, so please sign this piece of equipment in and out with a £2 hire charge. A 50p refund will be issued on return. If you are not sure what training via your heart rate is then please ask an instructor to explain this technique with you and it will be part of our annual educational plan. Watch this space for details.

Please take care with your locker keys! – Over the past few weeks a number of keys have been lost and this can be difficult because even if we replace the key the lost key could be in the wrong hands if found! To help maintain ultimate security just make sure that you know where your key is at all times. We have additional key pins if you find one is missing, please ask at reception.

Committee Members

If you would like to correspond with the clubs Members Committee you are free to contact them via the internet at windsorcommittee@yahoo.co.uk. The clubs management can not see this site but the committee members have a password and they will download information and represent this at our regular meetings. The next meeting is to be held on the 21st Feb so please make sure any comments you have is to the committee by then.

Additional Services for you at The Windsor Club

Evolution Running Club - Wednesdays 6.45pm at TVCA (Thames Valley Athletics Club). Come along... no need to be shy! – Absolute beginner? No previous experience or a real “fittie”? Our coaches will guide you safely through, helping you enjoy your running experience and even progressing you to the next levels!! Be part of a friendly group with no lone running.

Contact 01753 770037 or 07780 994772 or email info@evo-pt.co.uk. *A few members have participated in this club and have given us positive feedback about it, so we are happy to encourage all prospective and regular runners to attend.*

SUNBED OFFER - Don't be SAD this winter! Buy four Bali sunbed sessions and get two FREE! Offer expires at the end of Feb 07. Buy your booklet of vouchers at reception.

Club Contacts and Feedback

Please find the latest information about your club in this newsletter. If you have any questions or feedback we would love to hear from you either via a selection of email options

- feedback@thewindsorclub.co.uk - General Email
- toggs@thewindsorclub.co.uk - Louise Brown, General Manager
- susie@thewindsorclub.co.uk - Susie Lines, Business Manager
- david@thewindsorclub.co.uk - David Galvin, Membership Manager
- sam@thewindsorclub.co.uk - Sam Murphy, Assistant General Manager
- gym@thewindsorclub.co.uk - (please mark for the attention of one instructor in the subject line unless you have a general comment to make)
- studio@thewindsorclub.co.uk - Erica, Studio Co-ordinator
- squash@thewindsorclub.co.uk - Mark, Squash Co-ordinator

Or by telephone **01753 867001** or ask to speak to the Duty Manager when you are next in the club. We are more than pleased to receive any feedback.

PLEASE NOTE: Due to the shifts and hours people work we aim to respond within 48 hours to any feedback. An out of office reply may indicate a longer period in some cases. If that is not satisfactory please call the club and ask to speak to Toggs, Sam or Susie.

Thank you very much for taking the time to read through this News Update. We hope it has helped you feel more in tune with your club and encourages you to make full use of everything we have to offer.

We continue to look forward to extending you a warm welcome and a great service in the coming months.

The Windsor Club Staff Team!