

Club Update

Dec 2007 & Jan 2008!



General Club Information

As we approach the festive season with great speed (where has this year gone?) we want to encourage you to plan your workouts and your partying so you manage to execute both to maximum effect and your workouts don't suffer too much. Please try to keep hydrated as over indulging will undoubtedly cause that awful morning after feeling and training on empty will only make you feel worse. Trust us we know we have all been there!

There are a number of social events planned, the biggest is the Club Xmas Party on the 7th December and the Squash Round Robin, an annual affair played on Christmas Eve organised by Mark. Please be aware of the amended studio timetable and club opening hours over the Christmas week.

A special reminder from the gym guys is to please be proactive organising your gym programme review and try to book it in before Xmas. This way you are up and running for the New Year and can really take advantage of all that New Years resolution and motivation, plus this really helps to take the pressure off in January, which is always our busiest month.

We look forward to seeing you in the club and remember that every effort you make now helps to make that little party outfit look that bit more fabulous (maybe with the help of some magic pants – do they make them for men too?!!) for all the festive parties you attend!!

Best wishes and a very happy and healthy Christmas
Toggs and the Team

Social Activities planned for Dec 2007 and Jan 2008

Dec 07

Xmas Eve – fun squash Round Robin. Please see Mark for booking your space. Then in the bar afterwards for a swift pint and a few mince pies!

Jan 08

Fri 18th Jan 08 - New Years Quiz Night – Teams of 4 or more pitch their wits against each other for the prestigious title of club quiz champ's!!! A meal is served at the interval and is included in the £5 per person charge on the night.

Christmas and New Year Opening Hours

Christmas Eve - 8am – 2pm
Christmas Day and Boxing Day – Closed
Thurs 27th Dec and Fri 28th Dec – 8am – 8pm
Sat 29th and Sun 30th – 9am – 5pm
New Years Eve - 9am – 3pm
New Years Day – Closed
Wed 2nd January 08 – normal hours resume

Club Maintenance

Ladies Changing Rooms - Please accept our apologies for the recent fluctuations in temperature in the ladies changing rooms and that it has taken us a long time to fix. We have now located the problem and as of Mon 19th November the system is up and running again.

Men's Showers – NEW FLOORING – we are replacing the shower floor tiles and drains in the men's changing rooms with a new Altro flooring, as in the ladies showers. This flooring in the ladies has proved very effective and is much easier to maintain and keep clean. The downside is that it will take a week to action. Please note the work will commence on **Mon 10th Dec** and conclude to re open on **Tuesday 18th Dec** (no hick ups intervening of course) The single shower on the top floor will be available with a booking system in place for early members who need to make sure they can shower and head off to work. Please note this job is quite extensive and the area needs to

thoroughly dry before we can lay new materials, please be patient but we will do our very best to make sure the job is done as quickly as possible.

Car Park Lines – we will be painting lines on Tuesday 18th Dec. The car park will be out of action in segments throughout the day.

Car Park Attendant – we ask that you take note of the guidance offered by our car park attendant when the car park is very busy, helping to find you a proper parking space. More and more members are simply parking on the pavements and in front of the club even when spaces are available. This causes congestion and can be dangerous for people coming and going from the club's entrance. Please avoid parking here unless absolutely necessary. The attendant is there to help you and maintain security for your belongings and cars. He has authority in the car park so please be courteous and attentive at all times.

Men's Sauna – we have installed a temporary stove guard in the men's sauna. We are waiting to receive the correct wood to then rebuild a permanent guard. We anticipate this will be in the New Year.

Men's' Urinals – we will need to relay the piping to the men's urinals and are currently liaising with plumbers to finalise a date to start.

Squash Court Fan – The fan that extracts air from the courts is to be replaced on Wed 21st Nov. The heaters are now in full working order and the air vents have been covered to help try to keep the courts as warm as possible. Please make sure you warm up and cool down adequately to help keep you as free from injury as possible. If you wish to take advice on this please speak to any of the clubs fitness advisors.

Court Refurbishment – Courts 1, 2 and 3 will be refurbished either in Dec 07 or beginning of Jan 08. We are awaiting confirmation of start dates. Once we have them we will post notice in the squash court area immediately.

Club News

New weekend opening hours as of 2nd January 2008

Fri - Reception will close at 9pm and the Gym will close at 9.30pm

(Squash courts remain available until 10pm and the bar closes approx 10.30pm)

Sat – 8.15am – 6.15pm (all facilities other than showers close at 6pm)

Sun – 9.15am – 6.15pm (all facilities other than showers close at 6pm)

We are **extending all OFF PEAK usage to include Friday evenings**

Off peak = Mon to Thurs 6.30am – 4.30pm and all day Fri, Sat and Sun

Weekender Members are also now welcome to attend the club on a Fri evening after 4.30pm

The decisions to change opening hours are based on usage over the past number of months. We have amended squash booking sheets to make sure you get optimum booking opportunities at either end of the day

Personnel News

We have a number of new staff who have joined us over the past few months. They are as follows:

- **Julie Bell** – Gym Instructor and Personal Trainer
- **James Sandilands** – Gym Instructor
- **Trudi Baker** – Gym Instructor
- **Ricky Parkinson** – Gym Instructor

All are great fun and committed to delivering you our legendary friendly welcome and offer excellent exercise advice!

Congratulations to **Chantal and Kerena** from the gym who have been promoted to the role of Duty Manager.

Sadly we said goodbye to **Abbie and Catherine** in November. Catherine is a professional singer and has gone to be an ugly sister in Cinderella at the Theatre Royal Stratford East. If you want to go and see her tickets are available via www.stratfordeast.com or call the ticket line on 0208 534 0310. Abbie finished her degree in the summer and is currently temping until she finds a career related role.

We are also saying goodbye to **Becky** from the café, who is going on Maternity leave. We hope to see her back in approximately 6 months and wish her all the best with her new baby girl.

Café News

We continue to offer excellent café food freshly made on site during the day, with takeaway options in the evenings for your convenience and a selection of teas and coffees all to drink in or take away.

Friday evenings offer a selection of special hot and cold food until 9.30pm.

Studio News

Thank you... We would like to thank all members that got involved with our **PINK** activities in the studio in October. We raised **£223.31** for Breast Cancer Research... we would like to especially thank Mike, Steve Wilson and Steve (gym) for entering in to the spirit and being great sports dressing up in ladies pink dresses and a pink whoopee cushion! So here's to another big effort next year!

Body Pump update...

Joseph has left the Monday evening Body Pump class. We would like to thank Joseph for all of his hard work and wish him well for the future. Victoria will be taking this class over... her first class was Monday the 3rd December.

Weekend Cycle instructor update...

Please be advised that Jess has taken over the Sunday morning Cycle class. Mike will be covering the Saturday morning Cycle class until Christmas and then in January Maria will be taking over the Saturday morning slot.

Timetable changes...

The Friday night Aerobics class will be taking a break until the New Year... the last class will be on Friday the 23rd of November. This class will restart on Fri 11th December 08

The Saturday Yoga class will also be taking a break in the build-up to Christmas. The last class will be on Saturday the 1st December. This class will restart on Sat 12th December 08.

Christmas timetable...

We will be running a reduced studio timetable over the festive period. Please check this carefully as some classes and/or times are different to the usual schedule. It will be issued in the club and via website on 13th Dec.

New Years Resolution... our challenge to you!

We would like to encourage all members to use your New Year (January) enthusiasm... to try out classes you might not usually do... you never know you might get yourself hooked on something new... and you would have never known had you not tried it!

January...

Coming your way in January... Ski-Fit training classes and beginner classes... Look out for posters advertising these classes...

Squash News...

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

The Windsor Trophy has now reached the quarter final stage and the matches are as follows;

Matt Antony/Ali Marshad v Mike Summersgil

Dave Hilton v Steve Lewis

Craig Young v Rob Reilly

(and the pick of the round a repeat of last years final)

Will Ballantyne v Sonny Kalar

We are hoping to stage all the matches on the same night so please come down to support the event the date will be posted up around the club shortly.

Xmas Squash Tournament is being played on **Friday 7th December** before the Club Christmas Party and instead of the usual Squash Club Night. It will be a graded round robin squash tournament. There will be a limit to 30

spaces so sign up early to avoid disappointment. This event to open to all standards of play as players will be grouped with other players of the same ability.

Social Squash Match - The recent squash social match versus The Hammersmith Squash Club proved a successful evening with The Windsor Club just running out winners of the 14 a side match by a few points.

Team Squash - After a very successful last season the squash teams generally are finding things more difficult this season. The Men's 1st team are mid table in the Premier Division, the 2nd team and 3rd teams are struggling in Division One and Division 2 respectively.

Better news with the Men's Vets 1st team who are top of Division 1 and looking to defend their title. The Vets 2nd teams are also finding it tough this season and are battling to stay away from the relegation zone.

The Ladies 1st team is mid table at present in Ladies Division 1 and the Ladies 2nd team are going well in 2nd place in Division 2.

Xmas Eve Squash - On **Monday December 24th** we will be holding a squash club morning from **10am-12pm** run along the same lines as the Friday Club Night. No need to book, just come down and Mark will be there to organize things. It would be nice to meet in the bar after the event for a quick tippie to celebrate the festive season with complimentary mince pies to replenish those lost carbs!!!

Court Refurbishment - As you will have noticed court 4 has now been refurbished and the lights replaced on some of the other courts which has made a big improvement. The aim is to have courts 1-3 refurbished either in December or early in the New Year.

Court bookings and cancellations – It is impossible for us to find a system that completely works for all and stops courts being left empty on busy nights, but we continue to appeal to your commonsense and organisation skills in making sure that you do not let down your fellow players by double booking courts and only realising those that you don't need on the day of your match! Please release your unwanted courts as quickly as possible so others can take advantage of them.

New Leagues – Mark Quinton has now taken over producing the leagues each month and we would like to thank Andy Burrell for all his hard work and efforts in producing the leagues in the past.

If you are finding that you are unable to book courts please do give your name for the waiting list at reception. This is having some success and we will endeavour to use this service to help fill courts that become empty.

Penalties will be enforced for people who cancel too late, do not show up or do not use the correct systems for cancellation as this is very annoying for your fellow squash players and frustrating to find courts unused at busy times. We require a minimum of 12 hours notice for cancellation.

Gym News

Ski Programmes NOW available! – Member's always leave their ski fit training until the last minute. So this year we are strongly encouraging you to book up for a new programme to help you with your ski fitness. It really does make a massive difference to your holiday if you are fit for the slopes and lets face it, no ski trip is cheap so if you can get a few more happy hours out of the slopes this year rather than burning thighs and only able to manage half days then this little bit of good preparation will be a real bonus! Just ask to be booked in via the gym reception for a new Ski Fit Programme.

“Beat the January Rush” – similarly members with New Years resolutions always have an urge to book a re programme in January so we are again helping with planning and encouraging you to have a new programme in DECEMBER!!! This way you will be all set and fully ready to harness your new found motivation with waking up on January 2nd (everyone's usually too hung over on the 1st!) feeling like you could conquer the world. Again simply book a re-programme with the fitness advisors at the gym desk next time you are in or call on 01753 867001 to make an appointment.

Personal Training

DECEMBER PERSONAL TRAINING PROMO!
Simply decide which Personal Trainer is best suited to your needs
(Details found on the PT notice board in the gym)
and give them a call...

Quote: NEWSLETTER PROMO and you will receive a FREE taster session at a mutually convenient time Offer ends 31st December 2007.

(Please note: further offers are promoted on the PT board in the gym alongside the details of all PT's at the club and not all PT's offer the same promotional deals)
Please speak directly to any Fitness Advisor for further details

Welcome to Kevin Wallace and Darryl Frerk, our latest Personal Trainers who are available, alongside all the gym team Personal trainers offering PT in the club.

To celebrate this Christmas the Windsor Club is offering a complimentary taster session with our **new Optimal Lifestyle Coach, Darryl Frerk**. You can take advantage of this generous offer anytime. All you have to do is get it booked before the 25th of December 2007

Additional Services

The Windsor Wellbeing Clinic is positioned on the top floor of the club and offers a range of services for your convenience. For further information leaflets are available at reception and any of the therapists are happy to discuss their treatments with you via phone.

SPORTS MASSAGE

Lorna Kennard continues to provide Sports Massage Therapy and can now offer an additional service in Rehabilitation Exercise Therapy.

Avin Patel (Osteopath) will be away throughout December and January and Lorna is available to see any patients who may wish to see an Osteopath.

BEAUTY

Our very experienced beautician Caroline Bitmead continues to provide a wide range of beauty therapies and an excellent service to both male and female clients. Caroline's leaflets are on reception and she is in the club on Wednesday and Saturdays each week. If you require her services outside of these days she has a mobile service also available. Please see leaflets for details.

Reflexology

Our newest therapist Mascha Mieris, MAR is a fully qualified and insured member of the Association of Reflexologists, trained at the Practitioners School of Reflexology at the West Middlesex University Hospital and holds a NVQ level 3 in Reflexology. Reflexology is a complementary therapy, which works on the feet or hands. Reflexology encourages the body to work naturally to restore its own healthy balance. It is suitable for all ages and may bring relief from a wide range of acute and chronic conditions. Reflexology is a great way of relaxing the mind, body and counteracting stress. It helps us to cope on a physical, mental and emotional level. An additional therapy available is Hopi Ear Candling. Mascha also has leaflets on reception where more detailed information about her services is available.

Enjoy a £10 - discount throughout December:

- ❖ Natural Lift Facial Massage
- ❖ Reiki

Also available:

- ❖ Reflexology
- ❖ Indian Head Massage
- ❖ Hopi Ear Candling

Mascha Mieris, M.A.R., Complementary Therapist
For more info: 01784 240602

Evolution Run Club

Wednesdays 6.45pm EVOLUTION RUNNING CLUB NOW at THE WINDSOR CLUB run by Kevin Wallace our newest personal trainer. 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 progress you to the next level!!! Be part of a friendly group with no lone running.

Kevin is a friendly ex footballer and new Triathlete who delivers fun and exciting training sessions for all. For more information regarding Kevin's services please call him on 07780 994772 or email kevin@evo-pt.co.uk

Club contact details

If you have any questions or feedback we would love to hear from you. Here is our 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

For others who may wish to telephone our number is **01753 867001**. You can speak to the Duty Manager who will be more than pleased to receive any feedback.

PLEASE NOTE: Due to the shifts and hours people work we aim to respond to any comments or feedback within 48 hours. 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!