

Club Update

Late Summer 2007

Well what a summer... not! Let's hope it gets dryer for Sept and Oct or we might have to wear snorkels to the club! As the nights draw in make sure your programme is revived and you are ready to bring your training back indoors! Plus the club is **looking great** as we have now completed approx 90% of our redecoration and refurbishment project for 2007. We also have a number of social events planned over the next few months, so we hope you will put them in your diary and come along to support the club and have some fun.

Men Wanted! - We are looking for one or two men to represent members on the Members Committee. You will be required to attend approx 5 meetings a year (a beer or two is thrown in!) and represent the comments and feedback of your fellow members at the meeting. If you are interested please email toggs@thewindsorclub.co.uk.

Gym News

The Gym Looks GREAT!

We have now implemented new resistance equipment for the gym that has fundamentally replaced like for like with a few alterations.

The changes are

- Inner thigh which has been replaced by a Glute' Machine - so everyone can have "buns of steel!"
- The Pec deck looks slightly different and can be used for back work as well as chest work dependant on which way you sit on the machine
- The shoulder press, the lat' row and the chest press 'arms' are used independently - which is a very different experience especially if you have not used free weights
- Tricep is now an over head extension - great for getting rid of "bingo wings!!!"
- We have added an Ab crunch machine - which is a beast!

We have also redecorated in "fresh" new colours and replaced the flooring throughout which has added to the fresh feel and given a whole new look to the area.

Also, look out for our new piece of "art" that adds the finishing touch to the whole new look!

We would also like to **welcome** two new members of the team... **Julie Bell and Andy Ward**. Both have become newly qualified this year and both are also offering Personal Training alongside working in the gym.

Bar and Café News

We have purchased a number of "**bar games**" that can be used while you enjoy a pint or a glass of Pinot! The games are just for fun so please ask if you would like to borrow them when next in the bar.

We plan to make more of the bar area especially during the daytime by offering it as a meeting place for **informal meetings**. With benefits such as;

- Free parking
- Excellent café menu, service and very reasonable prices
- Quiet and naturally lit
- Freshly ground coffee, speciality teas and soft drinks
- Option to use the facilities with prior arrangement for your guests

We hope the bar will become... **The Perfect place to meet**

If you work locally or own a local business and would like more information on the options to use the club for meetings please contact Louise Brown on 01753 867001 or email toggs@thewindsorclub.co.uk

The café now offers takeaway "pot meals" (i.e. Cous Cous and roasted veg, mixed leaf salad) and sandwiches **Monday to Thursday evening**, and on **Fridays** the café is open and provides **homemade, healthy and fresh**

food between 6.30pm and 9pm.

We have a regular menu on offer plus daily specials to choose from throughout the week and we are happy to take orders throughout the morning for food that can be taken away after a lunchtime or evening workout.

"The food I have eaten here at the Windsor Club has always been of an excellent standard and the service is also excellent from all café assistants" Helen Price 20.06.07

Please see the main fridge for takeaway choices every day. All takeaway food is made in the club each morning.

Squash News...

Firstly, we would all like to thank **Andrew Burrell** for again hosting and organising the Summer League for us over the past few months. It was a great success. Please see the attached photos for the winners and Andy's round ups of both the Summer Leagues and the Summer teams...



Andy Burrell presents the Trophy to the winning team captain Dave Smith



The winning team: James Reece David, Dave Smith, Bruno Macari, Alistair Gratex and Matt Antony. Missing is Justyn Claydon and Stephen Thornton

Caption **COMPETITION!**

Please copy the images above placing your caption inside the auto shapes returning to:

squash@thewindsorclub.co.uk by September 14th to win a **Half Price Racket Re string** from Mark Quinton. Please use "competition" as your subject. All entries will be published in the squash corridor. Alternatively print it out and drop it in for Marks attention. Good luck!

Fri Sept 14th 8pm - England plays South Africa plus 1st Draw for Windsor Trophy at half time...

The Windsor Trophy is open to 64 players in the top ten leagues, although wild cards are available! (Please email Mark Quinton or Andy Burrell) The draw takes place each month, much like the FA cup!

Winter Team Squash starts again mid September so we wish all our teams the best of luck and hope all do as well as you did last year!

Reminder: courts are bookable **7 days in advance from 10.30am**. If you do not need your court please call us at your earliest convenience so we can release the court to anyone on a waiting list. No shows will be dealt with as per studio classes by being blocked to book for 7 days.

Junior Squash Returns starting Sun 2nd September. 10.30 - 11.45 Beginners (rackets provided) 11.45 - 1 Intermediate / Advanced. £5 per person. For further information please call Ken Nicholls on 07748 818452

Berkshire Men's Closed is to be held here on the weekend of the 12th - 14th October. Last entries by 4th October please to Tim Burrell (see notice board in squash corridor).

County Summer Teams Round up: Following the successes of the preceding winter season, big things were expected of the summer teams as both needed to move up in to more competitive divisions after being relegated the previous summer. They were not to disappoint. At the time of writing, and with 1 match remaining, the 1st team are assured 2nd place in Division 2, and the 2nd team had won Division 4B, which means both will be promoted for the next summer season. Well done chaps! **Andrew Burrell**
Internal Summer Teams Report

As you may have noticed over the past 9 weeks, Tuesday night squash was hi-jacked by the Internal Summer Teams with 8 teams competing for the 5th year of this exciting event. With the teams named after rugby nations nicknames to give the event a topical flavour, the captains (old and new), and the players, were taking it as serious as ever.

Due to the stringent rules, tactics played a part as captains organised their team players to see who would match up best from one week to the next - or just who was available at the time! Some great matches were witnessed with the point-per-rally scoring system and handicaps in place bringing about some expected and not so expected results. The tables soon found its early leaders in The Canucks and The Cherry Blossoms, as they exchanged the top two spots regularly, leaving the others to barely hang on and find their places. It wasn't until the final week where, mathematically, 4 teams could have found themselves topping the table. But fittingly, the top two teams played each other where The Canucks beat their rivals comfortably, to take this year's trophy, with impressive stats of winning 6 out of 7 matches and drawing the other and the Gli Azzuri jumped two places to 2nd place ahead of the Cherry Blossoms.

I would like to thank all the captains for their help, and all those who played, who without you, this event would not be the success that it is. **Andrew Burrell**

Final table:

1	The Canucks	83
2	Glu Azzuri	75
3	The Cherry Blossoms	71
4	The Oaks	70
5	Lelos	64
6	The Eagles	55
7	Ikale Tahi	51
8	Os Lobos	41

Studio News

The Studio timetable is currently being reviewed for Autumn so we invite any comments and ideas either via email to studio@thewindsorclub.co.uk or on a comments card to Erica at your earliest convenience.

Additional Services - Personal Training - Darryl Frerk

ARE YOU AS HEALTHY AS YOU WOULD LIKE TO BE?

Let me introduce myself. My name is Darryl Frerk. I am an Optimal Lifestyle Expert and I am a new addition to the Windsor Club. I use different methods to help educate and improve a person's lifestyle in the short, medium and long term.

If you would like to find out how healthy you are and also how to be healthier and look better, then keep reading. I am offering you the opportunity to have a look at your lifestyle in a **free consultation** with myself.

What will you potentially get from this?

Improved nutrition
Relieve any joint or muscular pain, headaches, back pain, knee pain, and hip pain
Manage your weight
Become a lot fitter
Look and feel the best you ever have
Improve your general lifestyle

To move closer to getting fitter and healthier you, please come in and speak with me. This takes approximately 30 minutes. You never know, this could be the missing piece in the puzzle that could empower you to reach and surpass your health and fitness goals.

I use a combination of functional training, postural alignment therapy, advanced cardio-vascular training, advanced nutrition, Reiki Therapy, and Touch for Health Kinesiology. Therefore I can help anyone from sportsman to grandparents. These tools cover all the areas required to get anyone closer to reaching the goals they would love to reach. What do you think would be your best combination?

So why not give me a call to book up a chat? My number is 07746 400347. I look forward to meeting with you!

Social Activities planned for September - December 2007

Date	Theme	Where		What to expect!
Throughout Sept and October 07	Rugby World Cup	Bar		We aim to show as many of the games as possible and will extend bar opening hours for England games depending on when they are on. Food will be available where possible. Please see the notice board in the reception and the bar for further details. Please note friends and family are welcome to join you. Fri 8th Sept Eng plays South Africa plus at half time we are doing the draw for the Windsor Club Trophy to kick off the event!
Friday 21 st Sept 2007	Quiz Night 8.15pm kick off	Bar		Come and play either as a team or come as an individual to make up a team on the night. £5 per person includes a meal at the interval and prizes for the winning team!
Sat 20 th Oct - Fri 26 th Oct 07	Breast Cancer Life Cycle Campaign Week	Gym / Cycle Studio and bar!		We have lots of fun cycle related ideas for helping raise money for Breast Cancer throughout the month of October, linking to the official campaign. Please help by sponsoring us and participating in activities that will be widely advertised around the club.
Friday 26 th Oct 2007	Bye Bye The Summer! Club Party Kicking off about 8pm	Bar		Come along about 8pm and prepare to party! Steve is back to entertain you opening the mike to anyone who would like to sing along! A great fun night with lots of drinking and merriment.
Friday 9 th Nov 2007	BINGO! 8.15pm kick off	Bar		NOT JUST FOR THE OLD!!! But just for fun! We are changing the Quiz night in to a BINGO night. 6 Rounds £1 per sheet per round. No politically correct calling! Prizes for each round so well worth coming along to.
Friday 7 th Dec 2007	Club Xmas Party	Bar		Come and celebrate the start of the holiday and party season with a few beers and a bit of a boogy! Great exercise but keeping it all in balance!

Would you like to hire the bar area?

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

Thank you very much for taking the time to read through this News Update. We continue to look forward to extending a warm welcome and a great service to you over the coming months.

The Windsor Club Staff Team!