

All Wickwoods' members

benefit from a free induction to the gym, during which, with your permission, we can record your weight, body mass index and blood pressure, as well as asking some basic non-intrusive questions regarding your general health and fitness. This information helps us to give you the very best advice as to which type of exercise would be most beneficial. It will also enable us to develop with you a safe and enjoyable programme. If required we can put together more specialised programmes targeting weight loss or injury rehabilitation.

After the induction you will find yourself (literally) up and running. However, don't forget that we are never far away and ready to upgrade your programme at any time. We would suggest a review every three months to ensure you are seeing (and feeling) the maximum benefit.

Beyond inductions and reviews, you may wish to benefit from a series of personal training sessions. During these we work alongside you on an individual basis to ensure you are working out safely and effectively, thus making some real progress towards those goals. For those who have been training regularly we can develop specialised training programmes, for example to increase stamina or muscle development, or perhaps prepare you for a competitive event. Please see insert for details on personal training rates or ask at reception or in the gym.

We want exercise at Wickwoods to be enjoyable as well as rewarding. If you find this is not the case then please speak to one of the team who will soon have you back on track.



Tel: 01273 857567

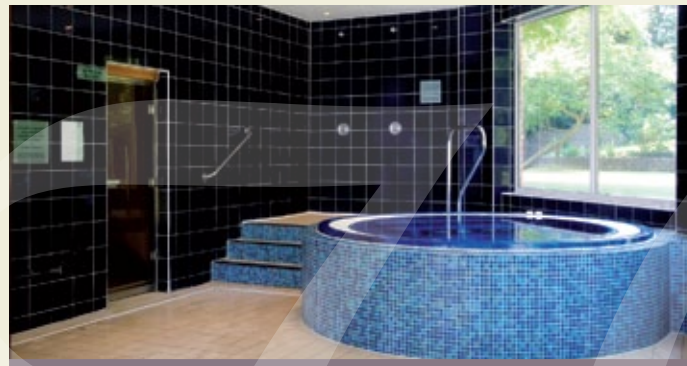
reception@wickwoods.co.uk

www.wickwoods.co.uk

Wickwoods

COUNTRY CLUB, HOTEL & SPA

'Superb facilities for health, fitness and relaxation'



Wickwoods Country Club, Hotel & Spa
Shaves Wood Lane | Albourne Hassocks | BN6 9DY

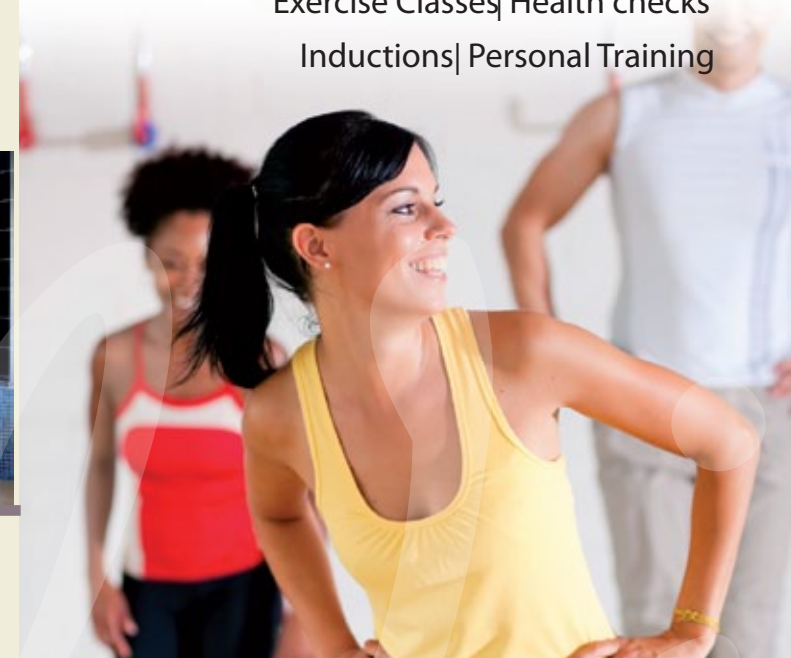


Wickwoods
COUNTRY CLUB, HOTEL & SPA

Health & Fitness

at Wickwoods

Exercise Classes | Health checks
Inductions | Personal Training



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Download this and other info at wickwoods.co.uk



Health & Fitness Manager – Chris Battersby

Hi, my name is Chris Battersby. I am delighted to have been appointed as the Health & Fitness Manager here at Wickwoods under its new owners. This is an exciting time for everyone involved with the club and our newly refurbished gymnasium offers a light and spacious environment in which to exercise.

I have a degree in Sport & Exercise science and have been actively applying my knowledge in the Health & Fitness industry for 5 years, as an experienced Fitness Instructor, Personal Trainer and Group Exercise Teacher.

I am committed to helping you reach your potential and personal goals, whatever they may be. It is never too late to take up regular exercise in the gym or to attend one of the club's many classes. Myself and my team are here to help you make a start or improve and maintain your current fitness level.

From a personal perspective I enjoy playing sport such as tennis and regularly exercise in the gym, all of which I find significantly improves my well-being, as well as my performance in sport generally, not to mention minimizing the risk of injury. Both myself and my team look forward to seeing you in the gym or around the club. We are available to answer any question you have about the wonderful facilities and how you can make the most of your membership through us.

Free Exercise Classes

At Wickwoods all exercise classes are free to members. The schedule attached provides a comprehensive range of classes taking place throughout the week. The classes are held in a relaxed environment and will appeal to everyone, regardless of age or fitness level.

Why not meet with Chris, our Health and Fitness Manager, and talk with him about getting started. Chris is always on hand to answer any questions you may have.

Yoga *

Yoga can help to develop and improve balance and coordination, improve or maintain flexibility, correct poor posture, strengthen the spine and ease back pain. Yoga is a non-aerobic exercise but it uses almost every muscle in the body. It can get you into shape and keep you that way if used regularly!

Supple Strength Yoga *

Blends elements of Yoga, Pilates and body conditioning to build strength and flexibility through a focus on posture, core stability and body alignment.

Pilates *

Pilates is an exercise method designed to elongate, strengthen and restore the body to balance. Osteopaths, physiotherapists and GPs recommend Pilates as one of the safest forms of exercise. Classes focus on low impact exercises that target the whole body to re-educate and restore it to optimum muscular and skeletal function.

Pilates Fusion

Uses a therapeutic approach, bridging the gap between Pilates and Physiotherapy to enhance flexibility and movement efficiency in sports and everyday life. Pilates Fusion safely pushes your body to its limit in strength and endurance, preparing you for life's challenging activities.

Body Conditioning *

This class is designed to improve body tone and strength using a combination of small hand weights and resistance bands with floor work for a total head to toe workout.

A Circuits *

Is a workout class designed to increase endurance and muscular strength. It involves a combination of cardiovascular and resistance exercises to give you maximum results in a short space of time and is suitable for all levels of fitness.

Aerobic Pump

This class combines high repetition weight-training with aerobic conditioning. It will tone and condition your body, help you lose weight and ultimately change your body shape in record time.



A message from the club

Since taking over in March we have invested half a million pounds in the club to provide you, our valued members, with a wonderful environment and superbly presented facilities serviced by our delightful and efficient staff. This, alongside the club's health and fitness programme run by our dedicated team, has once again established Wickwoods as the place to get in shape and stay fit regardless of ability or age.

The gym team and exercise class instructors will constantly develop the club's programmes to ensure that every member, whether an absolute beginner or a regular in an established regime, can be catered for.

The exercise classes, inductions and gym reviews are all included in your membership. Just ask at reception or in the gym. Everyone is on hand to help you with all aspects of your membership. Finally I would appreciate as much feedback from you, our valued members, as possible so please email me [Lee] at lg@wickwoods.co.uk or fill in a comments slip at reception

* Perfect for all ages and levels of fitness.