

Welcome to the February Member Newsletter.

This month's edition is packed with tips to get the best out of your fitness training at Leisurezone, plus some great offers from our partners.

### Show your body some love

This month, treat your body to the love it deserves and give yourself a **Health MOT**.

You can have a personal 1-2-1 appointment with a gym instructor who can check your height, weight, percentage body fat, blood pressure and lung capacity. The Health MOT will be in a private room, so please don't be shy!

The instructor will help you by advising a training plan to support your health and fitness goals.

Whats more, if you haven't already tried using a TGS key, you're missing out! Its like having a mini personal trainer with you. Your training plan can be loaded on to this electronic TGS key, which will guide you through your workout, store and calculate your stats to show how you're improving over time.



The TGS key is available for a fully refundable £10 deposit. Ask a member of the gym team for details.



### Calorie Blast Off Gym Challenge

**Blast away 15,000 calories and win yourself a gym bag with water bottle and free guest passes!**

Sign up today for the February challenge, but hurry, the longer you leave it the harder it will be to achieve! Burn 15,000 calories by the end of February. The first to achieve 15,000 is the winner!



The calories will be checked against your TGS key or if you don't have a key, your workouts will need to be signed off by a gym instructor.

**Check out the gym information board for more info and to sign up!**

**CONGRATULATIONS to Donna Hill who was our December Gym Challenge winner!!**

### Mix It Up! Strength = Fat burn

It can be safe to stick to what you know, blasting calories on the treadmill or bikes. This is great but you can achieve so much more! You may be thinking that using the strength machines (resistance machines) is a sure fire way to have huge muscles - which might not be the look you're going for. However, think again!

Strength training is an excellent way to complement your cardiovascular workout and it means that you will burn fat more effectively than if you only use cardio equipment. It is recommended that men and women should complete at least 30 minutes of resistance training three times a week for a healthy lifestyle.

If you need help or advice on which machines will suit you best, or if you'd like to try out some free weights and want help with technique, please ask a member of our gym team who will be happy to help.



Ring **01279 414959**  
Members get a 10% discount on physio!

[www.mikevarneyphysio.co.uk](http://www.mikevarneyphysio.co.uk)  
for more info, see our leaflets on site...  
or better still, pop in to the Therapy Suite

February 2012

## Exciting Kids Activity Programme February Half Term

So many exciting activities to choose from,  
you'd be mad to go anywhere else this half term.



AquaJets  
Aqua Balls  
Inflatable Fun Swim  
Archery



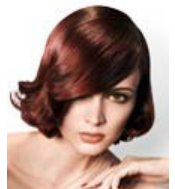
Football for ONLY £1!!  
LZ Gotta Dance!  
Crafty Kidz  
and MUCH more!



Ask for a leaflet and booking form at Reception.  
Hurry, places limited!

## Hair Zone

Feeling the  
squeeze after the  
festive period not  
just around the  
waist ?!



We have extended our 5% off to  
**20% off with this voucher**

Offer ends March 27th 2012.

Book today on

**01279 444012**

## Weekend Swim Saver Ticket

Ideal for  
families

Two adults and  
two children  
Only £10.30! One  
child goes FREE!



## Kids Holiday Rackets Offer



only £4 per court  
during Feb Half Term

## Dizzy Ducks Daycare



RECEIVE A FREE NURSERY  
SESSION when you enrol your child  
for a regular nursery session for a  
minimum of 3 months at Dizzy Ducks,  
Harlow Leisurezone.

Call Now on 01279 454495 to book  
your child's settling in session or to  
simply arrange a guided tour of our  
nursery. **Quote code HAFEB**

## Churchill Cafe at Leisurezone - Special Offers

**Stress relief:** Let us do the work of feeding the kids!

### Kids Meal, Great Value

- ❖ Sausage, chips, beans or peas
- ❖ Chicken goujons, chips and beans
- ❖ Half a baked potato and beans

Only  
£2.00!

### Panini Special !

Any Panini with a glass of wine £5.25

### Bargain Baguettes!

Egg Mayonnaise & Cress or Cheese Salad  
Baguette £2.75