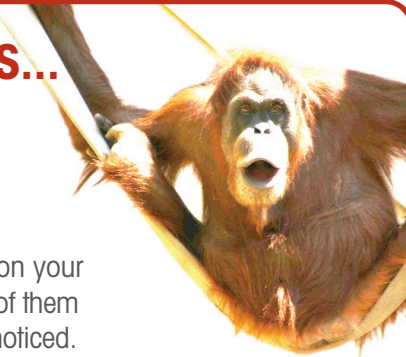


THIS VOUCHER ENTITLES THE BEARER TO	60 min Sunbed Course 4 £20 <small>Terms & conditions apply. FFA reserves the right to refuse.</small>	 Fitness4All <i>your gym at the Adelphi Mill</i>
THIS VOUCHER ENTITLES THE BEARER TO	21 Day Rapid Fat Loss Personal Training Programme £97 <small>Terms & conditions apply. FFA reserves the right to refuse.</small>	 Fitness4All <i>your gym at the Adelphi Mill</i>
THIS VOUCHER ENTITLES THE BEARER TO	30 Day Trial Membership 4 £19 <small>Terms & conditions apply. FFA reserves the right to refuse.</small>	 Fitness4All <i>your gym at the Adelphi Mill</i>

The Amazing Body **FACTS...**

- Twenty pounds of warm human fat can refill every bottle in an empty case of beer, with enough left over to fill your blender.
- There are as many hairs per square inch on your body as a chimpanzee. You don't see all of them because most are too fine and light to be noticed.
- Adult human bones account for, on average, 14% of the body's total weight.
- Fingernails grow nearly 4 times faster than toenails!
- The surface area of a human lung is equal to a tennis court.



www.f4a.co.uk T 01625 575 760 E info@f4a.co.uk

SUMMER NEWSLETTER ISSUE 7

How is 2011 shaping up for YOU?

We had a great 2010 in which we celebrated our 1st birthday, went to the National Fitness Awards and expanded by 2000 square feet!

Right now we've just celebrated our 2nd birthday. In those two years we've helped members lose over 2 tonnes of fat, gain half a tonne of muscle and, overall, be healthier, happier people.

We're sticking to our New Year's resolution we stated in the last issue:

"We will give every member and every guest the best service - every visit, every time."

If you take us up on our popular 30 day trial you can have a trainer with you every session if you like?

No strings attached- 30 DAYS PEAK MEMBERSHIP FOR ONLY £19 & UNLIMITED TRAINING!

We understand you want results and have limited spare time to get them in, which is why we focus on functional training. The article on page 6 explains what functional training is and why it's becoming so popular.

Also in this issue; we have news about our classes, members explaining how they've achieved their goals, health & fitness articles, hints, tips and more...

Just read on and enjoy!

Bolly Print Shop
60x80 Ad

Fitness4All Club News

FREE Physio

Looking after your body is our business- regular exercise can make you slimmer, healthier and happier, but what happens if you get an ache or pain?

At **Fitness4All** we want everyone to be fit and healthy so we offer a **Free Physio Clinic every Saturday morning between 11am and 12pm**. Pauline Atkinson offers a totally free, no strings attached drop in clinic.

Pauline is a MCSP & HPC Registered Physio who specialises in Sports Injuries. No appointment is necessary.

Call 01625 575760 or drop by on Saturdays 11am-12pm.



Class News

Our new and revamped class timetable is out this week, here's the run down.

Mondays **New Class Modern Pilates**
With Mark Leah at 7.30pm

Tuesdays **New Class Dance Fit**
We have Heidi McBride starting with this class. A different dance theme each week! Step! Vive! Aerobics! Salsa and more!

Wednesdays **New Class Beach Body Class**
We're getting closer to summer holidays so Wednesday has Carly's Beach Body class. Let this class take care of your thighs, bums and bingo wings- they'll be firmed up in no time.

Also on a Wednesday we have Andy moving to 6.45pm with a new **30 minute Express Spin**.

Which will be followed by **Yoga**. Jill will be teaching in the area for the first time after running a successful Yoga studio in Denmark and presenting Yoga Baby TV.

Thursdays Our popular classes **PumpFx**, **Spin** and **Zumba** continue.

Fridays **Carly's Raunch** alternate with **Chris' Fit Friday** – a true Russian Roulette of a class. You never know what you're going to get!

Saturdays Heidi is back in the morning with **Spin**.

ROWING

For a full-body cardio workout, rowing is hard to beat. It will improve your cardio fitness, burn lots of calories, and strengthen muscles throughout the body. Minute for minute, it's hard to find a better exercise.

The great advantage of rowing is that you use both your upper and lower body. This means that you work a whole range of muscles including:

- Legs
- Abdominals
- Shoulders
- Lower back
- Upper back
- Arms

Rowing is also a superb cardio workout - competitors such as Steven Redgrave are (or maybe in Steve's case- 'were?') among the fittest people on the planet. An intense workout can burn as much as 800 calories per hour.



There are other benefits from rowing;

- It is low impact, and thus easy on the joints.
- People of all ages can do it - from teens to senior citizens.
- It is self-paced, so you can work out as hard or as easily as you like.
- It is a strength workout as well as a cardio workout

As well as being a fabulous cardio workout, this is also a great way to warm up for a weights session- apart from the cross trainer, this is the only cardio machine that fully engages the upper body.

Although using these machines isn't as easy as others such as treadmills and stationary bicycles, with a bit of coordination and practice you will soon be enjoying a great workout.

Getting started is easy though it's worth having a trainer talk you through it first time. Injuries are rare on this apparatus, the most common ones being strain on the knees and lower back from poor technique. At **Fitness4All** though our instructors are always on hand to ensure you use the correct technique and that you get the most from your workout- each rower also has built in programmes you can follow.

For an excellent all around workout that will build power from your legs through your core to your upper body, this is an activity well worth considering.

Fitness4All currently has three state of the art Concept 2 rowing machines available to its members- why not give rowing a go?

FUNCTIONAL TRAINING

We hear the phrase more and more but what is it?

Functional training is simply a method of training that is designed to help you to perform more efficiently in the physical tasks you perform in your daily life or your sporting pursuits with minimum risk of injuries.

Or, even more concise-
'helping the body to move in the way it was designed to move.'

Many of the activities that we undertake in life are performed across multiple planes of movement. Functional Training embraces that fact and allows training to be more applicable to the everyday movements of the human body as well as sports specific training. In addition to building strength and flexibility, significant improvements in balance and coordination are principle benefits of functional training. Functional Training engages more than one muscle and often more than one joint, teaching them all to work together and work equally. Stabilizers and core muscles are recruited to build true overall strength."

At **Fitness4All**, as well as normal functional training kit like medicine balls, kettlebells, physioballs and sandbags etc, we have two extra pieces of kit that no one else in the area has, namely TRX and Kinesis.

TRX Suspension Training is a complete functional workout for men and women of all fitness levels. Used by an unlimited list of top athletes (and more and more, we're pleased to say, by mere mortals like ourselves!) TRX Suspension Training builds superior muscular balance, joint stability, mobility and core strength through an unlimited range of exercises.



Kinesis is a piece of designer kit that offers a unique workout that takes you back to the origins of movement, enabling you to improve the four fundamental physical abilities of endurance, balance, strength and flexibility. Kinesis is cable based and allows natural movement through 360 degrees. Training with Kinesis also offers calorie burning and shaping.

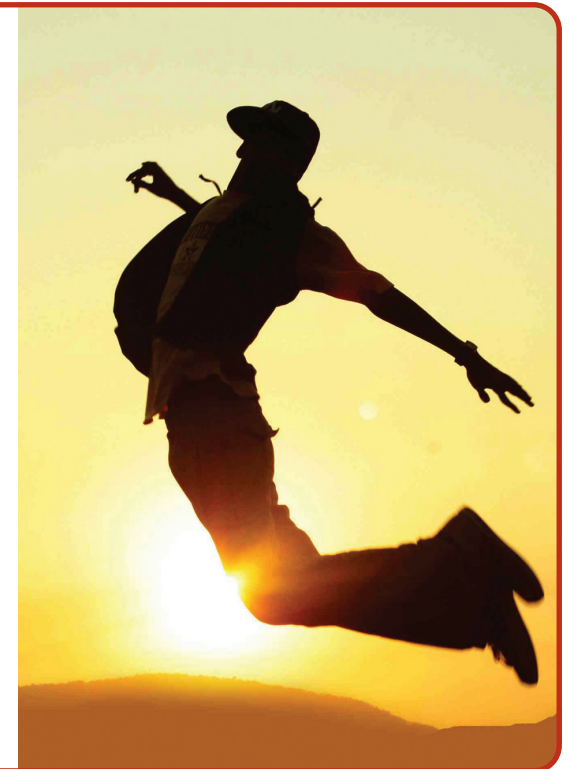
These two pieces of kit are currently unique to our gym in this area. They are free to use for all our members and one to one free starter sessions are always on offer from our trainers. If you would like to learn more about them just drop in and take a look.

Teen Gym

Living a healthy lifestyle is something we want to promote, especially to teenagers. During these sessions we will show teenagers how to exercise properly, safely and effectively. It won't just be gym based – we'll do taster classes like Kettlebells, Circuits and Core.

Every **Tuesday and Thursday 3.45 - 5pm** and **Saturday 11am - 12.15pm** we run supervised Teen Gym sessions for only **£2 per session** or **£10 for a month**.

We've reduced the price to make it more accessible for everyone, as we really do want to be **'Fitness4All'**.





Voucher
10%
discount!

Our 1½ hour children's workshops are ideal for if you want to go for a canal side walk, have a meeting or enjoy a workout in the gym!
Phone Debbie for details.

Children's Craft Workshops!
Children's Creative Birthday Parties!
Mosaic Classes for Adults!
Art and Craft Classes for Adults!

T3b Adelphi Mill, Grimshaw Lane, Bollington
01625 261 273 or 07774 920 292
www.thecreativespacestudio.com

D.M. ELECTRICAL CONTRACTOR
TEL : 01625 422812 Mob : 07867 558207
email : mason.darren1@sky.com

All aspects of Electrical work
Fully Insured
Part P Compliant
Garden Lighting & Power
Security Lighting & Alarms
Telephone Extensions
Full & Part Rewires
Electrical Safety Reports
Consumer Units
LED Lighting
Electric Heating

MOBILE: 07867 558207



Part of the ECA Group

Ruth's Story...

"I began my PT with Chris when my wedding was approaching fast. I was doing 2-3 classes a week at the gym, although doing no weights (why would I, I'm a girl!), but was nowhere near the shape I wanted to be. With 12 weeks to go, I started my training with Chris. The raw material was not promising; 2 dress sizes and 2 stone from where I wanted to get to, with shameful arms.

For 12 weeks, Chris taught me the importance of both fitness & diet. He explained the importance of keeping my metabolism firing for longer; having the right foods at the right times, ensuring these are burnt as fuel during exercise, rather than stored as fat.

There is no secret, easy answer to losing weight; but there is evidently proven science behind Chris' advice, which certainly got results.

The training was mixed up each week, with a huge variety of different exercises and equipment to keep me motivated. There is no doubt the training was tough at times. Many times I stared at Chris with a mixture of both horror and hate as he explained in his calm, 'no-drama' manner, what I was to encounter in respect of kettle bells, sandbags and the rower- all three in quick succession; nice. Each step of the way- Chris was there with motivation, encouragement, praise and humour. He really knows his stuff, and it certainly achieves results.

Stepping into the weights area proved to be a revelation. I was a bit reluctant at first, as I didn't want to end up looking like him! From being proud of my pathetic attempts with a 3kg weight in each hand, I progressed to a point where my arms, back and shoulders were transformed.

12 weeks on, thanks to Chris, I have achieved more than I thought I was capable of. I have dropped two dress sizes, and a bag load of body fat. My fitness and energy levels are terrific, and my arms have gone from shameful to show-off, and looked great in my wedding dress.

I am aiming to continue the training with Chris, I would highly recommend Chris as a PT instructor, whatever your fitness goals."

*- Ruth, a happily married **Fitness4All** member!*



RAISING A SMILE: Yogi Berra

No, it's not a new class or a new flavour of smoothie! Yogi was a baseball star who played for the New York Yankees for 19 years. Unfortunately, he is just as famous for mixing up his words. Here are some of his best (or worst?) malapropisms:



"You can observe a lot just by watching."

"I knew I was going to take the wrong train, so I left early."

"Baseball is 90% mental; the other half is physical."

"Half the lies they tell about me aren't true."

"This is like deja vu all over again."

"Nobody goes there anymore; it's too crowded."

"You should always go to other people's funerals; otherwise, they won't come to yours."

"The future ain't what it used to be."

BARROWS
TRADITIONAL BUTCHERS

Celebrating 120 years

1 Henshall Road, Bollington.
Tel: 01625 572110

**Computer Servicing
On Your Doorstep**

- Upgrades and Repairs
- System Optimisation
- Data Recovery
- Virus Removal
- Internet and email
- Networks
- Electronic Repairs
- Printer Repairs
- Bespoke System Builds
- Callout Service Available
- Contract and Hourly Rates

BolliComp
Computer Services

**20% Discount On
The Production
Of This Advert**

Bolli Comp
Computer Services
Unit T1.1B Third Floor
Adelphi Mill
Grimshaw Lane
Bollington
Tel: 01625 453009
e: info@bollicomp.com

9am till 6pm
Monday to Friday