

OCTOBER NEWSLETTER 2011

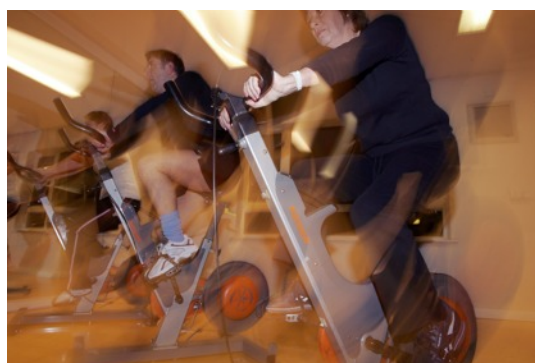
Hot Off The Treadmill

With Progression Fitness Andover champing at the bit to open, it's no surprise to see some more friendly faces have joined our team of instructors. Josh brings a wealth of personal training and class teaching experience, Helen and Charlotte have both recently qualified and very keen to put their new knowledge to use. So if you need a fresh approach to your programme, try a word in their shell-likes!

The new gym challenge

Parkway development is set to open at the end of this month, this has been a mammoth project... just like our Oct gym challenge! Karen has returned in one piece from her canoeing trip down the Zambezi river: the group covered 135km in 6 days... can you match this and continue even further?? (The river extends for 2700kms in total!!) As this challenge is virtual, you may run, cycle or x-train your way along as well as rowing – but mind the hippos!

A huge benefit you receive in your membership is a FREE personal training session each month, this is a great for assessing your progress, setting new goals and creating a new programme and with the xmas period approaching what better time to have one.



Training Tips

1. Training Tips – To continue to improve your fitness we are always looking to create a gradual overload to challenge your body. Try increasing your cardio workout by just a couple of minutes a week and feel the difference.
2. Last month's training tip reminded you about the importance of consistency in your training. Using your programme card to keep track of your sessions can really help you to recognise this consistency and progress your efforts. If you're not sure how, then speak to one of the team – that's why we're here... to help you achieve your goals.

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