

The Park



Wishing all our customers a very Happy Christmas

2012 will be a Massive Sporting year for us all – How will you be making your mark on this once in a lifetime Olympic event? – Let us know if you have any plans to take part in special events and look out for our very own Olympic Challenge – Be Part of It!!

Over the Christmas period, classes run up to and including Vibe on Friday 23rd at 9.00am and then classes resume on Tuesday 3rd January 2012.

Our Christmas Opening hours for 2011 are:

Saturday 24th (Christmas Eve) 10am to 4pm
Christmas Day and Boxing Day: CLOSED
Tuesday 27th to Friday 30th Dec: 8am to 6pm
New Years Eve – Sat 31st: 10am to 4pm
New Years Day : CLOSED
Monday 2nd January 2011: 8am to 6pm
Tues 3rd January – Usual Opening Hours and Classes Resume

Christmas Belly Buster – Lucy will be putting on a special Christmas Belly Buster class on Friday 30th December from 9.30am to 11.30am for those of you who have had your fill of Turkey, Christmas pudding and Mince Pies and need to get those waistlines back in line. There will be a £5.00 charge for this class, which will be donated to Lucy's nominated charity – The Basingstoke Multiple Sclerosis Centre – Book you place now!

New Year, New You:

Does your current gym programme need an overhaul? Book a review with our dedicated fitness professionals or take part in one of our many classes and start the new year as you mean to go on.

Stuck for that last minute, Christmas present for someone special in your life? – Look no further, Why not give the gift of Beauty, Health and Fitness by purchasing gift vouchers for treatments at Spirals, www.hairbyspirals.co.uk , Back to Action, www.backtoaction-sportsclinic.co.uk , Revive Beauty Salon or Personal Training Sessions with one of our dedicated fitness professionals, www.theparkhealthclub.com

Spirals Nail Bar is now open – Introducing Gelfx and Acrylic Nail Extensions
Revive now sell a beautiful range of individually designed handmade jewellery.

New Spin Bikes :

January 2012 will see the arrival of our new Spinning Bikes – We have now placed an order with Star Trac for 16 of their Spinner Pro spin bikes. Preview the new bikes at www.startrac.com
Exciting Times!!

2 Hour Vibe Master Classes:

Our sell out 2 hour Vibe classes continue into 2012 and can only be enhanced by the arrival of our new bikes.

Dates for these Master classes are:

January 28th

February 25th

March 31st

April 28th

May 19th

Check your diaries and book your space now!

Early Bird Bootcamp: Continues on Monday and Thursday mornings at 6.50am, the last one of 2011 being Thursday 22nd December. A new 6 week course will start on Monday 9th January. There is a small charge for Boot camp sessions of £6.00 (members) and £7.00 (non-members), or pre-pay for the entire 12 sessions and only pay for 10. (£60.00 members/£70.00.non-members)
An ideal workout for trimming down those Christmas excesses.

Look out for our Daily December Challenge – Log in to our Facebook page, for daily postings.

January 2012 – Timetable changes.....

A new class, **Total Fitness**, replaces **Bounce** on Wednesday evenings from 7.30pm until 8.30pm, **Teen Vibe** and **Zumba** have been removed from the timetable, due to consistent low attendance and Tuesday's **Vibe Circuits** (12.30pm) and **Nemesis** (6.00pm) have been re-named, **Circuit Training**. These changes will be effective from Tuesday 3rd January 2012.

Reflex Protein Supplements;

We are now stocking a range of 'Reflex' Protein Supplements in the form of Protein Powders, Flapjack Bars, Snack Bars and Recovery Drinks.

Available from reception now!

Park Socials in 2012

Following on from the success of a number of social events in 2011, we are looking to make 2012 event more eventful. Keep an eye on our notice boards for our next social in early February.

A number of members have expressed interest in taking part in activities such as 'Go Ape', The Nuts Challenge, Boot camp Challenges and Spa Trips – Let us have your ideas for future socials.

Ladies Nights:

A group of our Park Ladies meet on the first Friday of each month for a drink (or two) at 8.00pm at the Raven in Hook. The next one will be Friday 6th January. Why not come along and catch up on the latest gossip.