



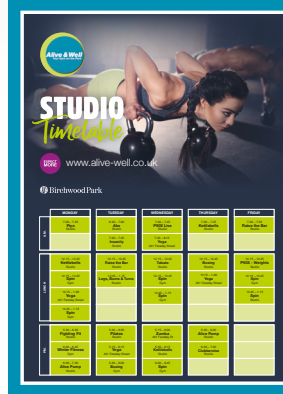
NEWSLETTER

OCTOBER / NOVEMBER

CHECK OUT THE LATEST EDITION OF OUR NEWSLETTER!

Welcome to the latest edition of our Alive & Well newsletter, our way of keeping you up to date on all the goings on in the gym and around Birchwood Park.

We want to hear from you with your ideas or suggestions – so please keep them coming and get on board!



NEW TIMETABLE!

Keep your eyes peeled for our new timetable coming this October!

For more information on classes contact our reception team or visit our website.

NATIONAL FITNESS DAY 2017



Wednesday 27th September was National Fitness Day, a campaign set up to get the nation moving regardless of your ages or fitness level!

In celebration of this Alive & Well decided to run “12 Hours of Fitness” which sounded like a terrifying prospect, but we were overwhelmed by the amount of people that wanted to take part.

The 12 hours included classes (P90X, Yoga, Spin & Kettlebells),

one-to-one and group personal training sessions, walking tours of The Park, a variety of circuits to suit all abilities and a five-a-side football match!

Not only did we defy expectations by keeping the movement going for 12 hours straight but we had more people taking part than we could have imagined, from our regular gym users to staff members, Birchwood Park occupiers and members of the public!



FREE PT SESSIONS

Personal training sessions at Alive & Well are free to all gym members, slots are usually 30 minutes, unless negotiated with the trainers (subject to availability).

Book yours with our reception team now, we are happy to answer any questions that you might have!

Can't commit to a PT every week? Even attending just one initial personal training session has proven benefits! The trainers will help you to work out a plan, pointing you in the right direction to achieve your goals.



CHECK OUT OUR BOXING CLASSES!

There is a reason that boxers are lean machines! Discover the secret to their fitness success in this class.

Increase your fitness, tone up and burn body fat. Never done anything like this before? No problem! Our class is suitable for beginners as well as aficionados! (Gloves are provided)

PAY AS YOU GO

Only here for a short space of time? You can still use the gym!

Day passes are £5.50 which includes use of all our facilities and classes.

Call in, phone us 01925 824 455, email info@alive-well.co.uk or visit www.alive-well.co.uk



MEMBER OF THE MONTH

COLLETTE SHARKEY



TELL US A BIT ABOUT YOURSELF

I'm a little crazy & I talk a lot ha!! I have a daughter who is 20 years old & I work at Jungheinrich on Taylor Business Park in Risley.

HOW DID YOU HEAR ABOUT THE GYM

A friend of mine recommended Alive & Well many years ago, and I'm glad she did.

WHAT IS YOUR FAVOURITE CLASS?

There are so many great classes to choose from, it would be difficult to pick just one, because they are all really good in different ways.

WHAT IS YOUR FAVOURITE EXERCISE?

Ooh there are lots but anything that gets your heart rate up and makes you sweat loads.

WHY DID YOU DECIDE TO JOIN THE GYM?

I wanted to get fit and lose weight, and I had heard good things about Alive & Well from a friend so I joined.

WHAT MAKES ALIVE & WELL DIFFERENT?

Because it's only a small gym, you get to know everybody. The staff are brilliant from the trainers to the reception staff. You never feel intimidated by anybody and nothing is too much trouble for the staff. The members are very friendly, it has a family feel about it.

ANY POSITIVE FEEDBACK?

I hear lots of positive feedback in the changing room after various classes. People really do enjoy all the classes, we have a great selection to choose from.

WHAT WOULD YOU SAY TO ANYONE THINKING OF JOINING?

Just do it, if you want to get fit & have fun at the same time then join. All the instructors have a wicked sense of humour & know how to get the best out of you.

WHAT COULD ALIVE & WELL DO TO MAKE YOUR EXPERIENCE BETTER?

Employ Tom Hardy as a PT please haha. On a serious note, a Jacuzzi would be nice again.

RECOMMEND A FRIEND

It's a known fact that working out with friends is great fun and gets better results fast.

Once you have joined up with us we would love you to let us know of any friends that you think would like to hear from us. If your friend is referred by you and joins up we will give you £25.00 worth of vouchers that can be used in The Centre on food and drink.

MACMILLAN COFFEE MORNING

As you know, here at Alive & Well we can't resist a challenge, so when we heard that Macmillan were running the world's biggest coffee morning we had to take part!

People were sceptical at first believing that you can't have cake and gym in the same sentence let alone the same place! We are firm believers that everyone deserves a treat after a hard workout and in true Alive & Well style, we proved those people wrong by raising a whopping £200!!

WE ARE MACMILLAN. CANCER SUPPORT

We would like to say a massive thank you to all of the lovely bakers that took part and made their delicious contribution as well as all of the cake eaters - we couldn't have done it without you!



NAILISSIMO

Pop up nail bar in the Alive & Well gym, 12pm - 8pm every other Thursday.

A range of treatments available, starting from only £5! For more information or to book call 0772 434 2139.

SECURITY'S 10K WATT BIKE CHALLENGE!



Shout out to Paul & Stewart from our Birchwood Park security team, for completing a 10k Watt Bike challenge!

Congratulations to our winner Stewart with a time of 15:26!

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