



PHASE ONE Newsletter

Well Done & Good Luck

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Physio, & Massage

While it's a shame to see any of our members suffering from injuries, to upside has been that a number have benefitted from the expert help of Stuart, our physio. His opening times are Tuesday evenings, Thursday mornings and Saturday mornings. You can book in at reception.

We have also seen the return of our old friend and massage therapist, Lee. He is also taking bookings for sports massage.

This time of year always has a positive vibe to it. The warmer weather and lighter evenings (and mornings-don't forget our 7am starts on Tues-Thurs) make everything seem better with the world. I would like to add to this feeling by congratulating the many members who completed the Bath Half Marathon. That hail sodden morning seems like a while ago now, but our members were undaunted.. First home was Rob MacKenzie in an amazing 1hour 22mins. He was right up with the front runners.. Nick Snailum also broke the 1 hour 30 mark, but was really only training for the Paris marathon a couple of weeks later, which he completed in 3hrs 27! Dave Kelly came in on the 1 hour 30 mark and has lost 2 stone



since he started training at Phase One last year. Others to get round were Andy Keen, Lou Blackmore, Tony Dean, Denise Osborne. Sorry if I've missed anyone. You were obviously going too quickly as you went past the club! Good luck to our many student members who are sitting exams at the moment- including our own James. Make sure you keep training and keep eating properly during this stressful time...-it should help. For all you students staying in Bath over the Summer, the good news is that we can hold your termly rate, sort out a great holiday deal and may even have some work for you! See Ed or Steve if this maybe of interest to you.

Beauty with Anca

It's been great to meet so many Phase One members and I'm delighted to see many of the returning again and again for treatments.

If you have yet to try any of my treatments, with Summer around the corner, now could be the time.. Remember that I offer everything from facials to manicure; massage to waxing. I'm sure you will agree that my prices are also very competitive as well. All treatments are performed using the top of the range products of Clarins or

Dermalogica.. I'm in most days, morning to evening, so can hopefully fit you in at your convenience.

Full details of all my treatments and prices can be seen in my Treatment List and can be picked up in reception or elsewhere around the building.. If you want to book a treatment, ask any questions or generally have a chat, my number is **077258 45802**.

I am also please to announce that my full range of Derma-

logica retail products are now in stock. To mark the launch of these Dermalogica products I am offering discounts of between 10-40% off the RRP on all products. This offer is available for one month only, while stocks last, so get in quick and stock up!

You can also find out more about beauty with Anca on my website:
www.beautywithanca.com.

Classes

Many of our classes are going from strength to strength, with record numbers attending Circuits and Legs Bums & Tums over the last month or two. Many of you are realising the benefits of doing a group exercise class to ensure a well balanced hour of training, as well as the sociability of it.

This newsletter we are looking at Yoga and Pilates. These classes always suffer a bit at this time of year because being on Mondays they have the Bank Holidays taking them

Out of action for the odd week here and there. But do not be put off by this. The Yoga is an great way to ensure flexibility and is part of what helps Madonna keep help freakishly toned figure. Alice has been teaching it for many years , even running weekend retreats and the best bit of all, is that it's free for members (Mondays 6-7pm).

Immediately after Yoga on Mondays (and on Tuesdays at 12.45pm)is Pilates. This is an even more specialist class, which, although not being energetic, works you hard to improve posture and tone.. Because of it's specialist nature we keep the numbers to 12, so that the instructor Chris, can give everyone individual attention. This also means booking a 6 week block and beginners booking in for an intro session.

3 Month Beach Body

Spring is here and we have already had our first new member telling us that he is going on holiday in a month and wants a 'beach body' by then!

One month maybe pushing it, but with the right diet and training routine, most people should be able to lose enough fat and tone up enough to see a considerable improvement in 3 months. So if you are planning to go away in July/August don't

leave it any longer. Obviously we suggest that you book into see an instructor and get a programme drawn out. In the meantime here are some basic hints:

Diet: Make sure you eat a good breakfast- whether you are trying to lose weight or gain muscle breakfast really is the most important meal of the day.

It kick starts your metabolism and if you eat little and often rather than 2 big meals, your body won't be storing the fat which will embarrass you in a swimming costume.

Train 3 times a week. Some may want a fat burning programme, some a muscle gaining one. We can tell you how to do either. Don't forget the classes- Conditioning, Circuits, Bums & Tums are all great for toning up and losing fat.

Supplementation: Not for everyone, but Muscle Grow will help you erm.. Grow muscles- along with your training and the right diet, whereas something like

Weston Pub

Phase One is delighted to welcome the new team at The Weston Pub on Newbridge Road. New landlord David Hemmings and his chef, Erkes Baayaraa are coming in between shifts to keep fit as well as restoring the hostelry to its former glory, with a refit and new menu. David has promised to welcome any Phase One members with open arms (although best not spent *too* long in there! If any other member has a new venture they want mentioning in the newsletter, please tell Ed or Steve.

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Allergy Testing Improvements

You may have noticed that we now run allergy testing sessions once a month. These can prove invaluable for discovering reasons behind a number of modern day lifestyle problems. Common symptoms connected with food intolerance range from fatigue, IBS, bloating, migraines, aching joints, catarrh and diarrhoea.

Our therapist is Donna Brown DIP AIT, who was trained at the UK School of Naturopathic Nutrition. Donna does a number of simple tests is the privacy of our treatment room and is able to discover which food groups are causing the above symptoms. The testing last an hour in full and costs £40. The next session is on **Sunday June 1st**. Book with a £7 deposit at reception.

Over the last few weeks we have done some major surgery on the sauna and steam-room area. We apologise for any inconvenience caused during this time, but are delighted that this popular feature is working.. Full steam ahead!?

The next area on the improvement hit list is the upstairs cardio area. Back in the new year we added an extra stretching area where the old cupboards were. This has proved to be very popular, especially when classes are on in the studio. We are now hoping to give the room a facelift. Obviously we will try to redecorate with the minimum disruption but please bear with us as it will be well worth it.

Xendra Cut is a great fat burner, ideal for those trying to lose weight or get more cut. Ask a member of staff for details.

Finally there is the sun-bed. For many this is the one time of year they give the sun-bed a go. A couple of session a week for the month you go away should lead to a gradual tan, firstly reducing the risk of sunburn on the first few days when you go away and secondly so that you want to show off that great new body you have worked so hard to achieve.

Hopefully this has given you some inspiration to really make the most of your gym before the Summer. Alternatively you can book a holiday in this country where you probably won't have the chance to lie out in the sun!