

HOLIDAY TIME

Monday, 25th August 2009

Issue 4

Opening letter by Karen Lawrence (Aquilla Manager)

I thought I would begin this edition by updating you on all the work that has been happening around Aquilla over the last few weeks. I would like to start by saying thank you for your patients and understanding whilst the work was being completed. I am also delighted to announce that we have had some really fantastic, feedback and compliments on the finished product.

The pool at Aquilla is one of a kind and has been the focal point for the club for many years. We are very proud of having such a wonderful feature, however, like everything else, age sets in and things start to go wrong. Due to the heavy demands on the pool, the time had come for some essential work to be done behind the scenes in order to ensure that the club complied with Health & Safety legislations. The pool, spa filtration and pipe work were completely renewed with the latest technology, which will help keep the water filtered and safe to swim in. Then the dosing system needed to be sorted out! This system is the brains of the pool and spa, and helps regulate the amount of chemicals in the water, depending on what is needed.

Before we could commence, we had to go through the long slow process of emptying the pool and spa completely so it could have a huge face lift. The workmen then acid washed and re-grouted the whole pool and spa area, removing any traces of dirt and grime that had built up in the grout over the years. The results, I am sure you will agree, have been amazing.

There was also another very important aspect that needed to be addressed. As we are an environmentally friendly company, we needed to find ways to preserve as much energy as possible considering how much we use to keep the club operational. So as part of our green policy we have had new LED lighting along the pool, spa and around the poolside. We have also introduced a new On/Off switch for the spa, which will make a massive difference to the energy usage. At the same time we have ensured that all of the air ducting was serviced and cleaned and the whole of poolside was painted.

We are constantly striving to make improvements and we are currently looking at ways to minimise the chlorine in the pool, using an Ozone method. So, for the next few weeks we need to work at getting the chemicals in the water to a desired level. The Aquilla team think that the water definitely feels different and we are confident that all of you Aqua Babes will also notice this! We shall of course keep you updated on any further developments.

As if all of that was not enough, you will have also noticed that changes were going on in the ladies changing rooms. Thank you to the gentlemen for allowing the ladies use of your facilities, everything is now back to normal and I am sure the ladies will concur the new showers are stunning.

Thank you once again for your understanding and patience while all of these improvements were carried out. Now we can focus on your training plans for Autumn.

Main lines:

- Summer Beauty Promotions
- The new Personal Trainer
- PT Rates
- Weekend Classes
- Benefits of a Fitness Assessment
- Personal Training and You

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Aquila Spa Beauty by Kiara Rentzke (Beauty Therapist)

REBALANCING BACK TREATMENT

This is a warm and relaxing treatment that relieve aches and pains. This treatment is detoxifying and deep cleansing using Marine mud. This offer is valid till the end of September 2009.

For only £37.66

MARINE PRELUDE

This body treatment involves an exfoliation combining natural sea salts and Marine Mud. It helps to eliminate dead skin cells, smoothes roughness and invigorates the entire body. It is an excellent pre-tan treatment before going on holiday. This offer is valid until September 2009.

For only £47.95

THALGOMINCE WRAP

The ideal treatment throughout pregnancy, post-pregnancy and after weight loss, to improve the skin's natural elasticity and lessen the appearance of stretch marks. Offer valid until September 2009.

For only £47.95

Don't forget our Loyalty card offer – have 5 of the same treatments and receive your 6th one FREE

DON'T DELAY AND BOOK YOUR TREATMENTS TODAY!

Contact Aquilla reception or ask for **Dennea or Kiara** who will be more than happy to help you!

Aquila's New Personal Trainer—Sharam Shahhosseini By Sharam Shahhosseini

Being a personal trainer in London, for almost a decade now, has given me an individual experience. I have had the opportunity to work with people from all types of backgrounds, each with different needs.

I see personal training as a work of art, where each character is unique, because all individuals are unique, whether you are looking for general fitness, to lose weight, put on weight, recover from injuries, or prepare for sport competitions. Therefore, I design fully optimistic training programmes which are specifically created for my clients to achieve their personal goals and are suited to their own particular needs in the shortest possible time based on their age, weight, sex, health and current fitness.

It is my job as a personal trainer to keep my clients motivated and focused and to keep their sessions fun, yet motivational. I set constant challenges and monitor their progress regularly, while getting them into shape. I am confident that I help my clients attain their fitness goals and help them realise their full potential, so that they maintain a healthy lifestyle.

Shahram can be booked for personal training at reception or email him on elite@sarova.co.uk



Fitness Assessments! Book Yours Today by (Gym Manager)

Issue 4

There are many benefits of fitness testing. The major use is to establish the strengths and weaknesses of an individual, and determine the areas which need improvement. From this, training programmes can be created or modified accordingly. As a result, valuable training time can be used efficiently.

The initial testing session can give the individual an idea of where their fitness levels are, at the start of a programme, so that future testing can be compared to this and any changes can be noted.

A baseline is especially important if you are about to embark on a new training phase. By repeating tests, at regular intervals, you can get an idea of the effectiveness of a training programme.

Also be sure to inquire about our cholesterol and blood sugar testing. For £5 each, you can't afford not to give it a try!

Did you know Aquilla Health and Fitness can offer the following, in addition to fitness tests:-

- Blood Pressure
- RHR
- Height
- Weight
- BMI
- Grip Strength
- Push up/Sit up
- Sit and Reach
- Cholesterol / Glucose
- Waist-To-Hip-Ratio
- Body Fat % (upper & lower)
- Feedback/Consultation

Please book in at reception for your **free** 20 minute Fitness Assessment.



Eat Fresh, Eat Seasonal! By Violet Ward (Personal Trainer)

Seasonal local fruit, vegetables and fish are not only at their peak, but are also good ways to maximize your health benefits and reduce the food production carbon footprint. One of the top seasonal fruits is the tomato. Many people shy away from this fruit but it is high in a compound called Lycopene. Lycopene is a powerful anti-oxidant found in all red coloured fruits.

Antioxidants have been studied for their benefit of boosting the immune system and protecting against certain cancers and cardiovascular disease. Lycopene is not produced by the body, so it must be ingested through food. Tomato based products such as tomato soup and tomato sauces also pack a punch of Lycopene. However, even though tomato products are usually low calorie be sure to check the salt and sugar content as many pre packaged products are loaded with extra for added taste.



For September, apples will be in abundance and readily available from your local producer. Be sure to check they are from UK sources. Apples contain antioxidants which like tomatoes, are very important to the body's ability to mop up free radicals, which are to blame for most degenerative diseases. It is also an added benefit that snacking on apples are great for the waistline! Low GI (glycemic index), low in calorie and bursting with fibre. It's no wonder it's said "an apple a day keeps the doctor away".

Fish has been known for its overall health and weight loss benefits for quite some time and this season, reach for choices like John Dory, Mackerel and Dover Sole. Mackerel is an especially important fish to choose because of its high Omega 3 content, which is vital to the body's major bodily function. There has also been some research that Omega 3 and 6 can aid in the metabolizing of belly fat. That is something we can all appreciate, before jumping into our holiday swimwear.

Tomato & Basil Salad

Evenly slice a ripe whole tomato. Add torn basil leaves, a chopped garlic clove and season with salt and pepper. Drizzle with olive to finish.

Optional: Add slices of reduced fat Buffalo mozzarella, for a bit of protein and calcium.



Aquila Health & Fitness Club Magazine

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Studio Highlights For the Weekend

Saturday

Pilates at 9.45 am - 60 minute duration

Stretching and strengthening moves focusing on core muscles, improving alignment and increasing body awareness

CV Training at 11.00 am - 45 minute duration

Fun multi stationed class format designed to challenge your cardiovascular ability as well as muscular endurance

Sunday

CV Training at 10.00 am - 45 minute duration

Fun multi stationed class format designed to challenge your cardiovascular ability as well as muscular endurance

Hatha Yoga at 12.45 pm - 75 min

Combination of exercises, postures, breathing techniques and meditation

Be sure to book your class today!

Benefits of Personal Training

by Harris Chrysostomou (Personal Trainer)

What weight should I start with? What exercise will help me reach my goal? Should I eat before or after my workout? By having a personal trainer, you have the confidence of knowing that you are doing the best workout for you.

With a personal trainer, your program can be designed especially for you and can be made to fit in with your goals and ability. Your weights are set up for you and the trainer will demonstrate each exercise and refreshes your memory each time you work out. Your form, reps and weights are monitored and increased as your strength and ability grows.

Having a scheduled appointment helps you keep your exercise commitment. When you go to a gym, an instructor not a personal trainer may show you how to use the equipment the first time, but then you are on your own. The next time you go it is hoped you will remember how to use the machines. You may not be sure when it is time to increase and if you push yourself too fast that's when injuries occur.

If you've been thinking about starting an exercise program, the benefits that a personal trainer can add includes a personalized program just for you, guidance for proper form to prevent injury, confidence of knowing your progression is monitored and advanced properly, support for questions, a scheduled appointment for motivation, no advance fees or contract for a long period of time, personal attention for your needs and other benefits you can only get by working with a trainer.

Many of my clients tell me they wouldn't stick to it without the appointment and how much better they feel after their workout, both mentally as well as physically.

So, make the commitment and let a personal trainer guide you to better health.

PT RATES

Competitive prices
and a sure way to
results!

Members

1/2 hr £26.50

1hr £ 44.00

5 1hr package
£205.00

Non Members

1/2 hr £29.40

1 hr £49.00

5 1hr package

