



GOLD MEMBERSHIP

£32

Per Month



PERSONAL TRAINING

£25

Per Session

NEWSLETTER

GOLD MEMBERSHIP is the **BEST VALUE** membership option we have; it allows you **UNRESTRICTED ACCESS TO THE GYM** during opening hours, use of **ALL THE FACILITIES** and includes **ALL CLASSES**

NEW SUPERFAST WIFI NOW RUNNING

We are excited to announce that after a period of absence, we have new WIFI installed throughout the building. Simply, go onto your settings and select the "Saints FREE WIFI" option, and log in via Facebook, Email, LinkedIn or Google for free uninterrupted access



We have experienced **PERSONAL TRAINERS** working here at Saints to take you into your **NEXT LEVEL OF FITNESS**. Ask a member of staff or visit www.saintshealthandfitness.co.uk for more details

We are very excited about the brand-new machines and equipment here at Saints! We have a GHD Glute Ham machine, two Olympic Weightlifting Platforms, a Concept 2 Rower and new dumbbells in the downstairs weights room. The **SKI ERG** and the **ASSAULT BIKE** are particularly popular, both give an exceptional full body burn. Here's a picture of Trainer Jules 'givin'-it'beans' on the assault bike during one of his recent workouts



TAILORED FITNESS PROGRAMS

We have a new system for giving members fitness programs, simply fill out a **PROGRAM REQUEST FORM** located at the top of the stairs leading to the cardio machines in the top room of the building, and pop it in the pigeon hole; please note, your fitness program will be emailed to you

Massive Congratulations to long standing Saints member Roger Jones who recently won the British Masters 10 Mile Championship. Roger loves his training and still comes to the gym every day doing a healthy mixture of weights, cardio and stretching exercises. Roger is a shining example of keeping fit and active!



Here's Roger pictured opposite with our Mark



CLASSES UPDATE

SPINNING	SUNDAY	10.00-10.45 am
BOXERCISE	MONDAY	06.15-07.00 pm
SPIN CIRCUITS	THURSDAY	06.30-07.15 pm
SPINNING	FRIDAY	09.30-10.15 am
POWER FIT	FRIDAY	05.45-06.45 pm



PT Focus with Trainer Tom

As Trainers at Saints, it's our job to make sure our clients get great workouts. Personal Training with Tom Williams, Brother and Sister act Dan and Grace Price from Trelawnyd have taken things one step further and lost a whole bunch of weight whilst training at Saints recently. These guys love training hard in the Functional room and getting a real sweat on. Grace has lost a stone and is concentrating hard on her diet, losing even more weight. Dan has lost 1.5 stone and dropped a jean size from 36 down to 34, impressive stuff Dan and Grace, keep up the great work!

FOR MORE INFO ON PERSONAL TRAINING visit:

www.saintshealthandfitness.co.uk



Sports Massage Therapy by Jake Rousseau

Our Massage Therapist Jake Rousseau is currently very busy here at Saints. He does do a grand job of easing injury worries. Jake is experienced in rehabilitation of Sports Injuries as well as aches and pains and offers a variety of treatments from a full body massage to treatments targeting specific areas of the body such as the neck, back and shoulders. From personal experience, Jake massages deep into the muscle tissues, ironing out 'knots' and relieving tension through a process known as *myofascial release*.

Contact Jake to book your massage today on 07875486370



Saints SQUASHING relegation fears!

After a weak start to the campaign this year, the Saints Squash team has turned it around with some form of late. Now mid-table in the North West Counties Division 2, with Number 1. George Thomas not losing a match and all other players pulling out some sterling performances. Alex Pendleton, Mark Thomas, Jonny Jones, Tom Hulse, Liam Jones and Will Powell (capt) have shown grit and determination in turning their season around. Well done lads!



A SIGN of the times for Saints

There's been a fair few changes at Saints in recent months. We've had plenty of investment in equipment and the welcome addition of the second functional room next to the bar area for those wanting to lift heavy!

Additionally, we've also had a brand-new club sign on the front of the building in preparation for 2018 - produced by Horton Signs, we are very happy with it!

We want to thank all members and guests for their continual use and support of the club. If there are any suggestions which you feel would enhance the club, please speak to a member of staff. We hope you enjoyed reading the second edition of the Saints Newsletter - Wishing you a fantastic rest of 2018

