

## **NEWSLETTER April 2019**

### **Hello Team Elyte**

Huge welcome to you if you have recently joined us here at Elyte. Our team of coaches and fellow members will help and support you through your journey. We look forward to getting to know you.

### **What's on at Elyte Fitness?**

**The Beauty Spot** will be upstairs in the treatment room. Lucy and Jessie will be offering a wide range of treatments, please pick up a leaflet in reception.

**Micro-blading** - Ashley is a top makeup, hair artist and tutor as well as a qualified Micro-blader. For more information [www.ashleykaygifford.com](http://www.ashleykaygifford.com)

**Facial Rejuvenation** by Naomi. Providing safe, reliable & affordable, age defying services & products, Naomi Garcia is a senior consultant/independent prescriber.

**Capital Physio** is available to book for treatments on Mondays and Wednesdays to help you with any joint or muscle pain.

**To book any of the treatments above, please contact the therapists directly. Contact details in reception.**

### **New Coach**

**Pedro Diaz**- Pedro is a Personal Trainer and Coach. If you cannot see him, you will hear him!! Pedro is now also on the Elyte team of coaches to help you achieve your goals, as well as Personal Training at Elyte.

**Sam Loveday**- Sam started with us helping the team prepare classes and after fully qualifying, started to coach some classes at the weekends. Sam is now on-board with us, and we hear some great feedback from our members on his classes. I hear spin is a tough one with Sam.

**Talia Isaacson** - Talia is also now on-board with us during the week too. Talia is very passionate about training and if she's not training you, she's training herself. Great coach to be around and always ready to help you.

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As some of you are aware, Nicole is leaving to have a baby. Nicole Wright is one of our full time coaches and well known for her slow but deadly classes. Nicole is planning on coming back after maternity leave. We cannot wait to meet her new arrival. We wish her lots of love and we know she will make a great mummy.

Ben Renshaw is leaving us during the day due to new work commitments. Ben is a valued member of staff and is well known for his sessions on a Thursday evening. So guys, there's no getting a break, because Ben will be with us every Thursday evening to teach unbreakable. We wish him all the best in his new job and really pleased that his still here with us at Elyte.

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### **Class bookings**

From now on all classes **MUST** be booked. We can no longer accept dropping in for sessions without prior bookings. This will allow us to monitor popular classes to add more, and to plan your training sessions accordingly. We will be adding strength cards for us to record your progress, therefore, the Coach will have these ready for you in the session and will rely on a booking list to prepare.

This also applies to other sessions too. We can create a session better on confirmed numbers. Please, where possible, give notice if you wish to cancel a session to allow someone else to take your spot in the session. We

do have no shows, which can prevent us from offering the availability to someone on the waiting list. The new Club Right app is available, this makes booking and cancelling sessions really easy.

### **Personal Training**

Have you considered taking your training and nutrition to the next level? Here at Elyte you will find our Personal Trainers second to none. Our Coaches will be able to look at the areas you may be struggling with and work closely with you to help you reach your goal, just in time for the summer months. Please contact one of us for more details and allow us to enhance your programme.

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### **HOUSE KEEPING**

**Once again, please could we ask that you DO NOT leave any personal belongings in our changing cubicles whilst training? Please use the lockers provided. This allows others to use those facilities whilst you are training.**

Please note that if you are in a session, please follow the instructions from the coach. This is so we can assure your safety and that of other members and so we can monitor your form and progress. We have allocated times and sessions if you are looking to train a particular muscle groups.

**We encourage good form and control, especially when lifting weights. We discourage dropping weights as it poses increased risk of injury to others training close to you and to coaches walking around checking on technique. This can also be off putting for new members. Quite often, controlled lowering of weights is beneficial to your form and results.**

Please could you swipe in and out of the building using your barcode key tag or the barcode on your Clubright app profile page? For help on this, please ask a member of staff.

Please let us know if you do not have a key tag.

Hygiene – please bring a towel or use the blue paper towel provided to wipe away any sweat after you have trained. We understand it's an environment where people sweat, but we would like you to respect others using a piece of equipment after you.

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### **Exciting news**

We have decided to open our doors after Easter between the hours of 12.30 - 4pm to allow you do come in and do one of our WOD (workouts of the day) or your own programme. However, we are considering this to be bookable to make sure there's enough space for you and our PT's are able to use the studios. We will keep you updated on this and confirm the date. Hours at the weekend remain the same for now.

### **Members of the month**

**March members of the month goes to Steven Dove and Melita Webster Geraty**

***Steven-** Steven's strength has changed so much, he is lifting heavier and his technique is amazing! Steven started with me over 3 years ago when I had my Boot Camps running at the Rugby club. I am so proud to see how your fitness has changed. I would also like to take this opportunity to thank you for your continued support to me and my family. We love having you here. You brighten up the early morning sessions with your awesome personality and smile.*

***Melita -** We are so proud to see how much you have changed. Every session you give it everything! So enthusiastic and supportive to others in the group and always smiling. Your technique and strength has improved so much. We love having you here with us and we value your support*

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### **Motivational quote of the month**

I ALREADY KNOW WHAT GIVING UP FEELS LIKE. I WANT TO SEE WHAT HAPPENS IF I DON'T  
-Neila Rey

Thank you for your support and being you!

Dawn x