



RISHWORTH SPORTS CLUB

JUNE 2007

YOUR PERSONAL INVITATION

HEADLINES

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The Sports Club would like to announce the completion of the gym and give all current members the exclusive opportunity to view this fantastic fitness facility. We will be holding an open-to-view weekend commencing **Friday 15th June 6pm–9pm and Saturday & Sunday 16th/17th June 8am-4pm**. Members will have until **9pm on Friday 22nd June** to take up membership on a first come first served basis before the opportunity will be open to the general public. The management would like to stress that we have a large number of people on the waiting list to join, and that current members need to make an early decision to secure a place, as we are expecting to sell our full allocation of memberships. Please act quickly to avoid disappointment.

AN INTRODUCTION TO THE GYM MANAGER

The Gym will open for business on **Monday 18th June** for those who join during the open weekend.

ANNUAL MEMBERSHIP COSTS

AN INTRODUCTION TO THE GYM MANAGER

THE SERVICE YOU WILL RECEIVE / IN THE GYM

My name is Richard Hunwicks and I have arrived here through a combination of fitness, conditioning and coaching linked to Rishworth School.

SWIPE CARDS / CAR PARK

I have spent time as a Fitness Manager at a major UK health club chain and worked independently personal training and with injury rehabilitation.

CLUB OPENING TIMES

My qualifications and experience have given me a great insight into a gym user's needs. I hope I have designed what you will find to be a superb gym and fitness product, that you will enjoy and most of all benefit from.



Richard Hunwicks

EMAIL ADDRESS

I look forward to meeting you all at the open weekend and over the coming months.

Annual Membership Costs

Membership Types

Racquet—Squash and Badminton only.

Swim—Includes pool and racquet sports.

Gym—Gym Only

Club—All facilities.

Membership	Junior	Adult	Partner	Family
Racquet		£40		
Swim	£20	£120	£180	£220
Gym	£50	£180	£320	£400
Club	£60	£260	£400	£500

The family membership includes 2 children in full time education.

Please Note:- Gym minimum age will be 14. Any under 16 **must** have direct parental supervision.

THE SERVICE YOU WILL RECEIVE

The product will be suitable for all levels of gym user. It will be based on straight-forward training advice and facts that simply get results.

Step 1

If you are a gym beginner or need a refresher then sign up to the group induction to receive 45 mins of valuable information to get you started safely in all areas of the gym.

Then progress to step 2.

Step 2

A 60-min session going into your needs and providing you with a clear training plan for you to follow. This is available to all gym users & will be on a pre-book basis in the gym reception. As you will appreciate I will have a lot of work so will limit this to an hour per member but will always be willing to

give further advice.

Also I am hoping to be able to offer weight, blood pressure, resting heart rate, flexibility & body fat analysis to all members on a regular basis, free of charge.

I look forward to seeing you at your session.

SWIPE CARDS

Now that we have several membership types, the swipe cards are designed to differentiate between them. It is essential that all members produce their cards to gain entry to the club. We will also be employing new staff who are trained to follow strict procedures, and therefore if you forget to bring your card it will slow down your entry to the club as manual checks will have to be made.

This applies to all members.

CLUB OPENING TIMES

Monday:-	7.00—8.15am & 6.00pm-9.00pm
Tuesday:-	7.00-8.15am (Racquets only 6pm-9pm)
Wednesday:-	7.00-8.15am & 6.00pm-9.00pm
Thursday:-	7.00-8.15am
Friday:-	7.00-8.15am & 6.00pm-9.00pm
Saturday:-	8.00am -4.00pm
Sunday:-	8.00am-4.00pm

These times are subject to change at the management's discretion.

IN THE GYM!

The fully air-conditioned gym will encompass 16 pieces of Life Fitness Cardiovascular Equipment, 14 pieces of fixed resistance machines, a range of dumbbells, barbells, swiss balls and the latest state of the art audio visual entertainment system.

CAR PARK

The car park is under construction on the bottom side of the club and may be ready for the open weekend. If not, it will be ready as soon as possible. In the mean time, will members please continue to use Heathfield car park.



WE NEED YOUR EMAIL ADDRESS!

In future we would like to do our bit for the environment by saving paper and sending these newsletters by electronic mail. If you haven't previously given us your email address please complete this form and return it to the club at your earliest convenience.

Member name _____

Member Name _____

Email Address _____

Email Address _____

Or send us an email at info@rishworthsportsclub.co.uk