

Summer Sun Shape-Up

Monday, 2nd May 2009

Number 4

Opening letter by Karen Lawrence (Aquila Manager)

As health club manager, it has been my job over the last few months to keep up to date with the current climate in the leisure industry and the mounting credit crunch crisis. With regard to members using the club we are busier than ever, but as with most businesses, people are looking at areas to save the pennies so finding new member is proving to be more challenging. As yet we have not been totally affected by the situation, which is great, and as a club we are committed to delivering the best service and product we can, without having to sacrifice any of our member services. Our last news letter featured an article on the environment and the general use of towels. We would like to reinforce this as much as possible, because of the huge impact it has on the environment, and economically, the savings can be used to improve all the areas in the club. So working together helps us, help you.

That brings me on to the two new bikes we have just launched in the gym area, we hope you have managed to try them out and feel satisfied with the improved work out it gives you. Another area that will be developed over the next quarter will be the pool plant room, which regulates all the filtration and maintenance of the pool. The group is investing a huge amount of money in an attempt to have an eco-friendly state of the art pool cleansing system.

Last, but not least, we have introduced a loyalty scheme for all our guests using our beauty services. After five treatments, excluding packages and alternative treatments, the sixth one will be absolutely free. Why not enquiry at reception for further information...

Main lines:

- Summer Beauty Promotions
- Boost Your Metabolism!
- New! Indian Head Massage
- New Class: Power Stretching with Legs Bums and Tums
- Studio News
- PT Rates
- Sports Supplements

Spring & Summer Deals at Aquilla

Spring into shape this summer with a few of Aquilla's fantastic summer offers. Now is a great time to join and why not bring a friend along as well!

Students can receive a £10 discount on their membership when a friend joins at the student membership rate.

When you purchase a package of 5 or 10 PT sessions, you will receive 1 free PT session. Remember, a half hour session is only £26.50 so why not try it out and see if one of our highly qualified trainers can help you with your fitness goals!

Remember, new members are eligible for a free 15 minute foot analysis with Feet People.



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Cholesterol and Diabetes Testing

A new facility at Aquilla this Spring, is the availability to carry out cholesterol and diabetes testing, either individually or as part of a broader fitness assessment.

The test used is modern and sophisticated (painless too), in order to indicative figure whether your cholesterol is too high, too low or whether diabetes is likely to be the problem.

For more information on different types of cholesterol and diabetes, please email the gym team or leave your details at reception. Members can take advantage of this service for £5, and we will be able to provide bespoke advice to maximise your health and wellbeing. Book yours test today!

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Aquilla Spa Beauty by Kiara Rentzke (Beauty Therapist)

Summer is approaching and why not take advantage of our special beauty offers at Aquilla. Spoil yourself or someone you know with these fantastic offers. Prepare your skin to feel fantastic for the summer.

SPECIAL OFFERS VALID TILL THE END OF JULY 2009

MINI FACIAL

Includes a cleanse, tone, exfoliation and mask, all for only **£17.25** was £34.50

Get **15 %** off Thalgo products with this offer.

30 % OFF WAXING

Using the cool strip wax method.

PEDICURE DELUXE

Get your feet ready for summer with this pedicure for only **£30.80**

OXYGEN FACIAL

Eliminate toxins from your skin with this facial at only **£34.40**

Get **40%** off Thalgo Oxygen Products with this offer.

SPRAY TAN

Give your skin an instant healthy glow this summer for only **£12.50**.

Pre-body exfoliation AND spray tan for only **£22.50**

DON'T DELAY, BOOK YOUR TREATMENTS TODAY!

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

Indian Head Massage & Other Beauty News

*“ The Indian Head
massage is an
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minute massage,
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The Indian Head massage is an uplifting, relaxing and de-stressing 20 minute massage, working on the pressure points of the head and helping to relax the scalp. This treatment is carried out using almond oil, which helps relieve tension and stiffness in the neck. It also softens and moisturizes the hair.

Kiara, our beauty therapist, has been certified as an Indian Head Masseurs for over 2 years.

For a limited period, you can now treat yourself to an Indian Head Massage at Aquilla for only **£25.00**

Book this treatment at reception or speak to Kiara, who will be more than happy to help you and answer any questions.

30% OFF ALL OXYGENATING PRODUCTS

Give your skin a breath of fresh air this summer! These products are designed for all skin types suffering from lifelessness and pollution. You can use this product twice a year, for a treatment of approximately 2-3 months, as a booster for your skin. These treatment is excellent when accompanied by any of this months featured treatments.

OXYGEN CREAM £32.90

This ultra-oxygenating cream is enriched with marine BHA's and vitamins to accelerate your skins natural exfoliation process and improve micro-circulation, helping your skin regain its original radiance.

OXYGEN SERUM £34.65

This serum carries highly regenerating and restructuring hydroxyproline to the heart of the cells.

OXYGEN MASK £19.25

Formulated with healing plant extracts and softening orange essence, to purify and rebalance, this mask has a tightening effect to relieve stress lines.



These offers are valid until the end of July 2009, and can be purchased at reception. Please contact Dennea or Kiara with any questions you may have regarding the products and how they can work for you!

Feel the Burn: Metabolism Tips by Violet Ward (Personal Trainer)

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The word “metabolism” is often pushed around as the magic key to weight loss, however, how much do we really know about this topic?

In short metabolism is the process the body takes to break down proteins, carbohydrates, and fats to for the energy it needs to sustain itself. The rate of your metabolism depends on the interaction between the number of calories consumed, the number of calories burned while eating and exercising, and the calories you burn based on your individual genetic makeup. Genetics only play about 5% of your metabolic makeup so the best way to increase your metabolism is to increase your body's need for energy

Boost your metabolism by doing the following:

Eat at regular intervals – Keep your body fuelled by eating every 2-3 hours. By eating often, you stimulate your metabolism for a short period of time. This

means that the more often you eat, the more you will increase your metabolism. Eating every 2 to 3 hours feeds muscle and starves fat. By eating frequently, you reassure your body it doesn't need to hoard calories, in fear of future starvation.

What you put in is just as important as how often. Crisps every 2 hours is not the answer! Each “mini-meal” should be complete with a serving of fruit or vegetables and a healthy source of protein like eggs, chicken, or nuts.

Muscle isn't just for bodybuilders – lean muscle gained through strength training will burn more calories at rest.

Good Fats – “EPA, DHA, and the omega-3 fatty acids found only in fish oil, may have the power to dramatically boosting your

metabolism - by about 400 calories per day, as reported by the researchers from the University of Western Ontario. Fish oil increases levels of fat-burning enzymes and decreases levels of fat-storing enzymes in your body. For the best metabolism boosting benefit, choose supplement capsules containing at least 300 milligrams of EPA and DHA total.” – *WebMD - Reviewed by [Charlotte E. Grayson Mathis, MD](#)*

Increase the intensity – Interval training is simply using a combination of short bursts of high intensity workouts with periods of lower intensity workouts for recovery. This will keep the body guessing and burn more fat. If injury prevents you from doing high intensity exercise then *consistent* low impact training is effective as well.

Yes, its that time again...How to get fit now!

NEW CLASS! As you are aware there is a new class on Tuesdays nights entitled Legs Bums and Tums. This not just for the ladies, as this class will also rely on sports based movement to increase flexibility and strength. If you have tight hamstrings and want a tight tummy then this is the perfect class for you!

PERSONAL TRAINING! At Aquilla we also offer Personal Training at a very competitive price. If you are stuck in a fitness rut and need new ideas or can't seem to shift those last few pounds, then why not contact one of our highly qualified trainers to give you a bit of focus. You can contact the gym team directly at elite@sarova.co.uk or leave your details at reception for a no obligation chat about your goals. Our trainers can offer nutritional advice, detailed fitness assessments, and a programme specifically designed for your lifestyle and fitness goals. Every trainer has a specialty, so we can match a trainer to your specific needs. **Remember, when you purchase a block of PT you will receive an additional session free!**

MEMBERS PT PRICES

½ hour £26.40

1 hour £44.00

5 x 1 hour sessions £205.00

10 x 1hour sessions £391.50

NON MEMBERS PT PRICES

½ hour £29.40

1 hour £49.00

5 x 1 hour sessions £220.50

10 x 1 hour sessions £440.40



“Eat at regular intervals – Keep your body fuelled by eating every 2-3 hours. By eating often, you stimulate your metabolism for a short period of time.”



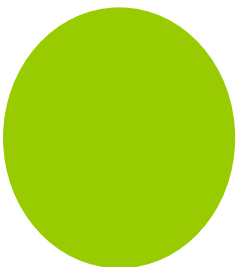
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Aquila Health Club

WE ARE IN THE
INTERNET, VISIT:
WWW.AQUILLAHEALTHCLUB.COM



Studio News by Paul Simpson (Studio Coordinator)

For those who haven't noticed, there is now a Friday night masterclass being held, at least once a month. Last month we had Streetdance and Adult Ballet and this month we hope to have Streetdance and Tai Chi. Any requests for future months would be welcome.

Please note, as a result of several requests, there is now a new Pilates class on a Saturday morning at 9.45 am.

Also new is the Legs, Bums and Tums class on Tuesdays at 6pm. This is a core and lower body toning class set to motivational music for all ages and abilities.

For more information and details of upcoming classes, keep checking the boards around the club.

Your suggestions are welcome, please email us on studio@sarova.co.uk



Sports Supplementation by Harris Chrysostomou (Personal Trainer)

Sport supplementation falls into several different categories, from weight loss products to muscle building products, or products that boost energy levels to enhance performance. To determine what supplements will benefit you the most, you need to determine what your goals are and what you are looking to achieve in the long and short term. For example if you are an ectomorph trying to gain 20 pounds of muscle mass, then you will probably go for a high calorie supplement such as a protein shake or a weight gainer made up of a high carbohydrate content along with EFA's, protein and possibly creatine. If your main objective is to stay lean and develop muscular definition and tone you would go for a high protein, low carbohydrate supplement containing natural fat burning ingredients, such as Guarana, carnitine and green tea.

The new latest supplement that is hitting the market by storm is nitric oxide which can be used for several different goals. Nitric oxide is a vasodilator that has several different health and performance enhancing benefits. Some of the different benefits that nitric oxide offers is an increase in cardiovascular fitness, reduces body fat, decreases recovery time and increases growth hormone levels in the body. It also lowers blood pressure and cholesterol levels nitric oxide helps fight of stress so it aids in making you feel generally well and allows you to focus while working out. This product is thought to be the successor of creatine which also offers most of the benefits mentioned above, but without the infamous creatine bloat due to the water retention that creatine sometimes causes. People looking to increase muscle mass and bulk up will benefit most from supplementing with creatine or nitric oxide.

For those who want to slim down or who want optimal health benefits, supplements such as a multivitamin complex containing a complete spectrum of essential vitamins and minerals along with a range of fat burning antioxidants, will be the best choice. Supplementing with EFA's (essential fatty acids) i.e. flaxseed oil or borage oil is also a must to maintain a healthy heart as the body is unable to produce EFA's so must be taken via supplement or in a well balanced diet.

It must be remembered that supplements must be used as part of a nutritional diet along with regular exercise for your body to use them adequately and for you to see and feel the full benefits. Supplements should never be used to replace food as nothing can replace the nutritional goodness of wholesome food.

HEALTHY RECIPIE

Peach Protein Shake

1 Cup (8 oz) skim milk

1 Scoop protein powder (or desired grams of protein)

1 chopped peach

4 ice cubes

Place all ingredients in a blender until blended to desired consistency

Optional: Handful of raspberries

