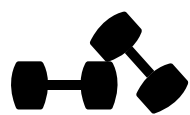


# Health & Fitness Newsletter



## Guildford Spectrum



### Let's recap October, November & December!

#### Welcome to our Health and Fitness Newsletter!

Here at Guildford Spectrum, we're passionate about creating a community that moves together and supports each other's fitness goals.

This newsletter will come out quarterly, providing you news and updates from the Fitness team including training and nutrition tips, gym updates, seasonal challenges, and inspiring Member of the Month stories.

#### Freedom Leisure Wins Back The Contract

We are thrilled to announce that the Freedom Leisure contract has been renewed for the next decade. Over the next 10 years, we're investing in the future of Guildford Spectrum.

#### What does this mean for you?

Winning this contract allows us to:

- Continue delivering high-quality service and a welcoming environment
- Invest in facility improvements and equipment
- Build long-term partnerships supporting health, wellbeing and community

#### What's coming soon?

We have some exciting plans in the pipeline, including:

- Refreshed and upgraded training specs
- Enhanced member experience

We'll be sharing more details in the coming months. There's a lot to look forward to!



#### Saunas

Our saunas are temporarily closed while we work through some building insurance-related requirements. We understand this may be disappointing.

Our team is actively working with our insurance partners to resolve this as quickly as possible, and we'll keep you updated with any progress or timeline changes.

Thank you for your patience and understanding.

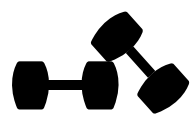
#### Meet the team member

We're excited to welcome **Matti** to our fitness team! Matti brings a wealth of energy, knowledge and passion for helping members achieve their goals. With a strong background in functional training and a commitment to creating a fun, effective workout - Matti is already making an impact on the gym floor and is here to support you on every step of your fitness journey.

Be sure to say hello and introduce yourself when you see Matti around!



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#### Have You Tried?...

##### Group Exercise Class Spotlight

This September, we announced some exciting new additions to our Fitness and Group Exercise timetable!

**Freestyle Step** - Get ready to mix up your workout routine! Freestyle Step is a fun, rhythm-based cardio workout that keeps you moving to the beat.

**Bodyweight Boss** - A no-equipment strength session designed to push your limits using just your body.

**Kettleburn** - A high-intensity class focused on strength and endurance using kettlebells.

Whether you're looking to sweat, sculpt or challenge yourself in new ways, there's something for everyone. If you haven't yet already - come and give one of the new classes a try!



#### Nutrition Corner

##### Pre-Workout

Before a workout, carbohydrates are essential as a pre-workout snack. This is because they provide immediate energy helping to fuel your training sessions.

**LOWER vs UPPER range** - This is to do with the intensity of how hard your training session is. The higher the intensity, the more carbs you should consume!

Use the below table to help calculate the amount of carbohydrates you should be consuming.

Bodyweight (kg)	Lower Range (1g/kg)	Upper Range (2g/kg)
50kg	50g	100g
60kg	60g	120g
70kg	70g	140g
80kg	80g	160g
90kg	90g	180g
100kg	100g	200g
110kg	110g	220g
120kg	120g	240g

##### Pre-workout snack ideas

- Rice cakes and honey
- Banana and honey on toast
- Bagel and jam
- Overnight oats - one of our favourites!

##### Here are the ingredients you need to make this at home:

- 120ml milk of choice
- 60g oats
- 5g chia seeds
- Any toppings of choice

Once prepared, leave your oats in the fridge for a minimum of 6 hours, allowing the oats to soften to enjoy as a snack later on!



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#### Post-Workout

A protein rich meal or snack should be aimed to be consumed within the window of 2-3 hours post training. In your post-workout meal, you should aim for around 20g of protein, as protein is key to helping build and repair muscles after training.

#### Post-workout snack ideas:

- Protein shake
- Protein bar
- Tuna Salad
- Protein chocolate banana protein smoothie

#### Here are the ingredients you need to make a delicious protein smoothie at home:

- 1 scoop whey or plant protein (chocolate flavour works best)
- 1 banana
- 1 cup of milk of choice
- 1 tbsp peanut butter (optional)
- ½ cup of oats (optional for extra carbs)
- 1 ice cube



#### Myth Busting

##### Cardio before vs after weightlifting...what's best?

Let's talk cardio. One of the most common questions in fitness is whether you should be doing cardio before or after weightlifting, or whether it makes any impact at all!

Research results vary, but most studies show that the order doesn't significantly impact your overall fitness outcomes - however your goals can influence which order works best for you.

If your goal is to improve endurance, doing cardio before weight training may be more beneficial. If your focus is on building muscle size (hypertrophy), it's generally better to save cardio for after your weight session.

**Strength / Hypertrophy Priority = Weights first**

**Endurance Priority = Cardio first**

**Fat loss / General fitness = Either**

##### No More Calisthenics Confusion

Calisthenics is a simple, effective and accessible form of exercise that uses your own bodyweight as resistance to build strength, mobility and endurance - however it is very misunderstood. Let's clear up some of the biggest misconceptions surrounding Calisthenics:

##### "You need to already be strong to start"

Nope! Calisthenics builds your strength from wherever you are.

##### "It's only for lean, lightweight athletes"

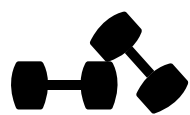
Bodyweight training can be scaled for ANY size and skill level.

##### "It won't build muscle"

Tell that to anyone who can rep out strict pull-ups, dips and pistol squats. Controlled, progressive bodyweight training builds strength and muscle with no fancy machines required.



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#### Coach's Corner - Staying Strong Through Holiday Season

December is one of the toughest months to stay consistent - packed with schedules, travel, cold weather and more chances than ever to skip a workout. But here's the good news: you don't need perfection to make progress. You just need momentum.

#### Coach's Tip for the upcoming festive season: The "Minimum Effective Dose Mindset"

On busy days, aim for **10-15 minutes of intentional movement**. That might be:

- A quick EMOM at home (every minute on the minute)
- A brisk walk
- A core circuit
- Stretching and mobility work
- A short gym session focused on one lift

Small wins stack up, and they keep your habits alive!

#### Christmas Gym Hours

Festive season is among us and we couldn't be more excited! Across December, the gym will have reduced opening hours, along with a reduced group exercise timetable. The updated group exercise timetable will be available to view throughout the Gym and outside Studios.

**Remember to check the timetable before planning your workout!**



**2025/26 Gym  
Holiday Timetable**  
23rd December - 5th January



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
22/12 06:30 - 22:00	23/12 06:30 - 22:00	24/12 06:30 - 16:00	25/12/24 Closed	26/12 10:00 - 16:00	27/12 08:30 - 18:00	28/12 08:30 - 18:00
29/12 06:30 - 22:00	30/12 06:30 - 22:00	31/12 06:30 - 16:00	01/01 10:00-16:00	02/01 06:30 - 22:00	03/01 08:30 - 18:00	04/01 08:30 - 18:00

#### £5 Fridays!

**Every Friday, we are offering a reduced guest gym pass for £5!\***

Are you ready to get motivated? Working out with a friend can:

**Boost your motivation** - Having a friend by your side encourages you to do your best

**Hold you accountable** - You're less likely to skip your Friday workout if you're with a friend.

#### Wondering how to claim your reduced guest pass?

Every Friday, mention this message to claim! Your guest will be required to pay the £5 fee at Reception, in order to receive their pass.

This reduced guest pass will be offered to members every Friday, so that your friends can join you for a workout in the Gym.

\*Guests must be over 18 years old. This offer is valid for the full day and only applies to access to the gym.



#### Refer a friend and SAVE!

What if we told you, we have a great offer which allows you AND your friend to SAVE BIG!

#### Here's how:

Refer your friend to Guildford Spectrum and if they sign up for a membership, you'll receive **one month free and your friend will pay no joining fee!**

There is no limit to the amount of people you can refer - so share this amazing offer with your friend, and then your partner, neighbour and colleague.

**Visit Reception to refer a friend today!**