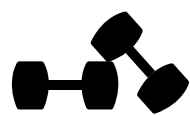


Health & Fitness Newsletter



Guildford Spectrum



Let's recap January, February and March!

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.

Fitness Open Day

On Saturday 28th March, we opened our doors to new and existing customers for a free-to-attend Fitness Open Day at Guildford Spectrum. On the day, we had a range of group exercise classes and activities available for everyone to take part in from our BRAND NEW Hyrox classes to Junior Learn to Lift sessions and free PT consultations.

Thank you to everyone who came and took part in our Fitness Open Day activities! We hope you had as much fun as we did.



HYROX - LAUNCHING THIS APRIL

We are thrilled to announce that this April, Guildford Spectrum will be officially becoming a Hyrox Training Club with **4 NEW Hyrox classes** being introduced to our group exercise timetable!

Power Class - Centres on traditional strength training, including various workout formats such as AMRAPs, strength intervals and partner workouts to develop overall strength.

Engine Class - Designed to enhance endurance, incorporating aerobic capacity, lactate threshold, muscular endurance and speed drills to improve performance on machines.

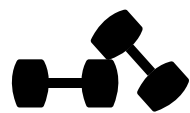
Foundational Class - Emphasises strength, power, muscular endurance, aerobic capacity, skills and agility - creating a wellrounded fitness foundation suitable for all skill levels.

Complete Class - A comprehensive workout regimen addressing all aspects of physical wellbeing, focusing on aerobic capacity and the ability to function under significant duress, preparing for HYROX race demands.

Are you ready to build strength, push endurance and train like never before?



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Coach's Corner

Small Wins Lead to Big Results!

At the gym, it's easy to focus on big goals, like losing 10kg, hitting a new PB, or running your first 10k. But the real secret to long-term success is something much simpler- consistency. You don't need perfect workouts every week. You just need to keep showing up.

Here are three quick tips from our coaching team to keep your progress moving forward:

Focus on the basics

Prioritise the fundamentals: strength training, daily movement, and good sleep. Mastering the basics builds a foundation that supports every fitness goal.

Progress, Not Perfection

Every rep, every session, and every walk counts. If you can improve just 1% each week, you'll be amazed at how much stronger and fitter you feel over time.

Celebrate Your Wins

Finished a tough workout? Increased your weights? Made it to the gym three times this week? That's progress worth celebrating.

Remember: fitness isn't about being the best in the gym. It's about becoming a stronger version of yourself.

See you on the gym floor!



Myth Busting

Myth: Training core burns belly fat

TRUTH - Although training your abs may build muscle giving stability and strength it will not burn the fat in the surrounding area.

Myth: Lift light to get toned lift heavy to get big

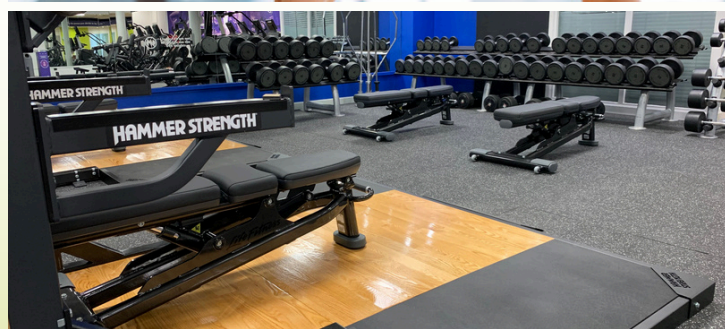
TRUTH - In actual fact you must lift heavy to build muscle and using the phrase toned is more a figure of speech.

Myth: Increase protein intake for more gains

TRUTH - The body can only take in a certain amount of protein and any excess would be stored as fat or used as energy.

Myth: Training abs will make them visible

TRUTH - Unfortunately training abs will only build strength and stability but won't make them more visible it all comes down to body fat percentage.



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Have You Tried?...

Group Exercise Class Spotlight

If you enjoy functional, full-body workouts, you'll love KettleflowYOGA™.

What is KettleflowYOGA™?

KettleflowYOGA™ is a functional, full-body workout that fuses the dynamic strength training of kettlebells with the mindful movement of yoga. This unique 45-minute class is designed to improve your functional ability for daily living, enhancing both physical and mental well-being.

By integrating these two powerful practices, KettleflowYOGA™ helps you build functional strength, enhance mobility, and achieve a balanced, centred state of mind.

Whether you're looking to enhance your fitness routine or find a harmonious blend of power and peace, KettleflowYOGA™ offers a transformative experience that supports your overall health and vitality.



SCAN
ME



Rehabilitation Sessions

We are here to support every step of your rehabilitation journey. Whether you're recovering from a cardiac event or navigating cancer rehab, our specialised exercise sessions are designed to help you rebuild confidence, improve wellbeing and feel supported.

Cardiac Rehab Sessions

Taking place every Monday 9:30 - 10:30am, Cardiac Rehab is designed to improve wellbeing whilst in a fun, supportive and safe environment.

Cancer Rehab Sessions

Taking place every Tuesday 2:30 - 3:15pm, Cancer Rehab sessions are tailored to your needs. Each session is led by a fully qualified exercise for cancer rehab instructor.

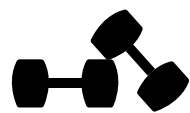
Pulmonary Rehab Sessions

Taking place every Friday 12:20 - 1:20pm, Pulmonary Rehab sessions will assist you in aid of your recovery from any pulmonary event offering gentle and supervised exercises to help improve breathing, stamina and overall confidence in daily activities.

Rehabilitation sessions at Guildford Spectrum



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Members of the Month!

Please join us in celebrating our **February and March members of the month** who have truly stood out for their dedication, achievements, and incredible progress in the gym.

As part of this recognition, each Member of the Month will also be featured on a dedicated poster displayed in the gym throughout their month, a small way for us to highlight their efforts and share their success with the entire community.

We're proud to celebrate their achievements and hope their stories inspire you to keep pushing towards your own goals.



Meet Yifan & Zhen,
our February members of
the month!



Meet Howard,
our March member of
the month!

£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!