



*River*

**WINTER 2010 - 2011**

**2 x FREE GUEST PASSES... See back page**

## Rivers gym Christmas opening hours

Christmas Eve	8 - 2pm
Christmas Day, Boxing Day	Closed
Monday 27 December, Tuesday 28 December	9 - 5pm
Wednesday 29 December, Thursday 30 December	6.30 - 10pm
New Years Eve	8 - 2pm
New Years Day	Closed
Sunday 2 January 2011	7 - 7pm
Monday 3 January 2011	9 - 5pm
Tuesday 4 January 2011	Normal hours

### **A Very Merry Christmas and Happy New Year**

to our members from the gym team at Rivers!

With another year almost over it maybe time to start to reassess your fitness goals. Is there something new you want to achieve?

Come the new year motivation for most of us will be high.

Book in for a free reassessment and we will take a look at your current routine, discuss goals and if necessary write a new fitness programme.

With a bit of hard work, you can make 2011 a year to remember.

**Fond Farewell.....** to Rob Toms who, after 7 years, left Rivers in October to travel the east coast of Australia for two months. We wish him well with all future opportunities. Sarah is also travelling with Rob but will return to Rivers in the New Year.



## Introducing your Rivers gym team.....

### **PAUL JENNINGS** Gym Manager

Firstly I would like to thank you all for making me feel very welcome already and I am very pleased to be here and hope to make a real difference to your experience at Rivers Health and Fitness. There will be exciting changes happening over the course of 2011 which hopefully will add real value to your workouts. I hope you all continue to support the targets myself and the team are aiming to achieve.



### **GEMMA MASKELL** Fitness Instructor

As an experienced fitness instructor and newly qualified personal trainer, I am full of enthusiasm for my role at Rivers and can't wait to meet you all. My hobbies include playing sports and going on city breaks with friends. With the new year in sight, why not set yourself a goal and really go for it! Should you need any advice just come and find me in the gym, happy to help!



### **Matt Dixon**

Fitness Instructor  
Class Coordinator

### **Rik Nicholson**

Fitness Instructor



## Here are a few quirky facts you should know about your body and why it's essential to maintain a healthy lifestyle

If you are 25 pounds overweight, you have nearly 5,000 extra miles of blood vessels through which your heart must pump blood. So avoid too many of those extra Christmas treats!

Each muscle fibre is thinner than a hair and can support up to 1,000 times its own weight.

It takes only about 23 seconds for blood to circulate throughout your entire body.

Your heart is about the size of your fist and weighs about as much as a softball.

The human nervous system can relay messages to the brain at speeds of up to 200 miles per hour. Your brain receives 100 million nerve messages each second from your senses.

The human body has 45 miles of nerves.

If the 300,000,000 tiny air sacs (alveoli) in your lungs could be laid out flat, they would cover a home swimming pool.

## Rivers Gym Joining Offer January 2011

### New Year.....tell your friends about Rivers.

They could look forward to a fitter, healthier 2011 by joining Rivers Health & Fitness. Get them to come down the gym with you and workout together! They benefit from **No Joining Fee saving £50, No Minimum Contract, One Month Free and One Free Personal Training Session.** Just a start up payment to join and the next month is free! Bank details are also required to complete a direct debit.

Also, if you **Refer a Friend to Rivers Health & Fitness**

you will be entered into a prize draw with a chance of winning.....

**1st Prize : Rivers Annual Peak Membership worth £468**

2nd Prize: 6 Months Peak Membership worth £234 3rd Prize: 3 Months Peak Membership worth £117

Cannot be used in conjunction with any other Rivers offer. Refer a Friend runs until 21 Feb 2011. Terms and conditions apply.



**LET'S CELEBRATE...**

# **CHRISTMAS!**

## **Friday 10 December**

Come and join the Rivers Gym Team for drinks in the bar  
from 7.30pm

Bar food will be available

Family and friends  
also welcome



### **Rivers Off Peak Membership - change in hours**

Off peak membership hours will be changing from 1 January 2011.  
The new entry times are:

Monday to Thursday: 8.30am - 4.00pm, Friday: 6.30am - 10.00pm

Weekends: 7.00am - 7.00pm, Bank holidays 9.00am - 5.00pm

**CHRISTMAS GIFT GUIDE NOW AVAILABLE IN CLUB RECEPTION.**

### **CLUB CLOSED**

The Club will be closed from 5pm on **TUESDAY 21 DECEMBER**  
due to the Staff Christmas Party



Still haven't booked your Christmas Party?

Our Riverview room may be just what you are looking for.

## SANTA'S SLEIGH RIDE

**Sparkling Wine on arrival**

**Sumptuous three course dinner**

**Half bottle house wine per person**

**Coffee and after dinner chocolate mints**

**£45** per person. Maximum 90 people. Sole use only.



## REINDEERS RAVE

**Bucks Fizz on arrival**

**Delicious Fork Buffet**

**Coffee and after dinner chocolate mints**

**£35** per person. Maximum 180 people. Sole use only.



## SNOW CELEBRATION

**Mulled Wine on arrival**

**Tempting Finger Buffet**

**Coffee and after dinner chocolate mints**

**£25** per person. Maximum 180 people. Sole use only.



Your room will include a Christmas tree and festive table decorations.

Private Riverview room includes DJ and bar staff.

Bookings under 40 guests will be subject to a DJ supplement. Bookings subject to availability. Terms and conditions apply.



# NEW YEAR....NEW 2011 CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	INDOOR CYCLING 6.45		INDOOR CYCLING 6.45		INDOOR CYCLING 6.45	INDOOR CYCLING 9.00	INDOOR CYCLING 9.00
AM	ABS & STRETCH 7.15		ABS & STRETCH 7.15		ABS & STRETCH 7.15	ABS & STRETCH 9.30	ABS & STRETCH 10.30
AM	GP REFERRAL 10.00	GP REFERRAL 10.00	GP REFERRAL 10.00	GP REFERRAL 10.00	GP REFERRAL 10.00	YOGA 9.30 Additional cost	
PM	FIT BALL 12.00		FIT BALL 12.00		FIT BALL 12.00	FIT BALL 12.00	
PM	BODY SCULPT 6.30	BOX FIT WOMEN 6.30	ZUMBA 6.30 Additional cost	BOX FIT MEN 6.30			
PM	FIT BALL 7.30	BODY BALANCE 7.30		PILATES 7.30 Additional cost			
PM	PILATES 7.30 Additional cost	INDOOR CYCLING 7.30	INDOOR CYCLING 7.30	CIRCUITS 7.30			
PM	PILATES 8.30 Additional cost	CIRCUITS 8.30					

## NEW CLASSES FOR 2011.....BOX FIT, ZUMBA, FIT BALL

**BOOKING CLASSES:** Rivers members may book into a class up to a week in advance. Guest can book in on the day of the class only. Pilates and Yoga are a 10 week course and at additional cost to your membership

**CANCELLING CLASSES:** We require 8 hours notice of cancellation otherwise you will incur a charge. No shows or late arrivals will also be charged.

**CLASS COORDINATOR:** Please feel free to call Matt Dixon on 0118 9424130 should you have any queries or suggestions regarding the classes we provide. Class timetable starts 4 January 2011.

All information is correct at the time of printing. Please check final class timetable with reception in January 2011.





## Want to look your best this Christmas?

Book in for some beauty treatments this festive season to look your best for the Christmas Parties.

From manicures to pedicures to massage and facials, all designed to make you look your best and rid yourself of the winter blues.

A list of all treatments are available on club reception.  
Bookings can be made at club reception or by telephoning 0118 9424130.

# ROYAL BEAUTY

at Rivers

**The perfect Christmas present : Royal Beauty Gift Vouchers**



**Rivers Health & Fitness, Scours Lane, Tilehurst, Reading. RG30 6AY**

**Club Manager** Adam Bodimeade

**Gym Manager** Paul Jennings **Membership Manager** Sandra Davies

**Conference Manager** Donna Dixon **Functions and Events** Adam or Donna

**FREE DAY**

*Rivers*

**VOID**

Guest

Address:

Postcode:

Expires 28/02/11

For use by a guest accompanied by a Rivers member for one visit only.

**FREE DAY PASS—  
FREE DAY**

*Rivers*

**VOID**

Guest

Date:

Address:

Postcode:

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