

Dear Members

**This is YOUR club so please feel free to attend the AGM if you are interested in what's going on.**

All Members are welcome to attend the Annual General Meeting which will be held at Imber Court on Thursday 27<sup>th</sup> January at 6.00pm. Please read the attachment for more information. If possible, please could you let us know by email if you intend to attend!

**Padel Courts** - Regular users of the club will notice that part of the Sports Field is being dug up. This is going to be the site of new Padel Courts. Before you ask ... 'Padel' is a mix between Tennis and Squash. It's usually played in doubles on an enclosed court surrounded by walls of glass and metallic mesh. The court is one third of the size of a tennis court. The ball can bounce off any wall but can only hit the turf once before being returned - (I had to look it up!). We will be sending out information regarding timings and usage as soon as we have confirmation.

Swimming Pool &/or Gym Memberships -

Our Membership is a [rolling Direct Debit](#) (one month's cancellation notice) with [no joining fee](#) and [no minimum sign up time](#) - why not give it a try?

**Club & Swimming Pool - £26.50 (£46 for a Duo)**

**Club & Gym - £41.50 (£71 for a Duo)**

**Club, Pool & Gym - £54.00 (£94 for a Duo)**

Our prices are extremely competitive - our water is as wet as any other club and our machines in the gym can make you sweat like any other club! Please look online if you would like more information or don't hesitate to call the Membership Team.

Your Gym Membership also entitles you to three free Boxersize classes, two free Bootcamps and one Touch Rugby session per week.

**FITT Cube** - The Gym is now home to two new 'Fitt Cubes'. Want to workout with a friend or on your own? This is an ideal 'tool' to achieve this with little or no equipment. 'FITT Cube is a transformational fitness tool that has been uniquely designed for multifunctional, total-body workouts. With just one piece of equipment, you can maximise every aspect of your fitness - cardio, strength, flexibility, endurance and power – with high-intensity interval training (HIIT).'

**Kettle Bells** - The Gym has also become home to some brand new spanking shiny kettle bells. Nothing to do with making a cup of tea or church on a Sunday morning!

If you need a bit more help and motivation with your 'Let's Get Fit' New Year Resolution, why not contact the lovely Roshan-Ara from TRY (Train Right for You) who will guide you through a workout with as much or as little assistance as you require, in her own purpose-built Gym over by the Football Stadium -

**Running Coaching Session** - A session aimed at people who either want to get into running, get more comfortable with running or just run a bit faster! The session will include running technique tips, drills to improve speed and endurance, and the essentials of strength and mobility training to reduce the risk of injury. This is an outdoor/any weather session. All levels of capability welcome, you run/work at your pace. The session is designed to support, motivate, and challenge you to do your best.

To contact Roshan-Ara please email - [team@trainrightforyou.com](mailto:team@trainrightforyou.com) or look at the website for more information [TRY WEBSITE](#) Once again, please mention you are a Club Member to receive a discount.

Still not enough for you? We also have on offer **Crossfit2000** - A form of high intensity interval training, CrossFit is a strength and conditioning workout that is made up of functional movement performed at a high intensity level. These movements are actions that you perform in your day-to-day life, like squatting, pulling, pushing etc. Please contact the Crossfit experts, Matthew or Lizzie, if you are interested in finding out more about this great organisation. Their premises are over by the Rugby Stadium so please have a walk over if you are interested in this type of exercise. Email - [info@crossfit2012.co.uk](mailto:info@crossfit2012.co.uk) [CROSSFIT WEBSITE](#). Guess what? ... please mention you are a Club Member to receive a discount!

**Pilates** - Zoe Hodgson was the first person in Surrey to start up classes in Pilates! From there, she has gone on from strength to strength and now has one of her beautiful studios here at Imber Court, above the Cricket Pavilion. If you would like to try this form of exercise please do contact Zoe - [info@zoehodgsonpilates.co.uk](mailto:info@zoehodgsonpilates.co.uk) or check her out on the website - [PILATES WEBSITE](#) If you already a Member of IC then Zoe will give you a Friends & Family discount Promo Code - please mention you are a Club Member to receive a discount.

**Dog Grooming** - If your beloved four-legged friends need a wash, set and blow-dry please don't hesitate to book with Julie or Ian at the Dog Salon - [julie@dukesdogsalon.co.uk](mailto:julie@dukesdogsalon.co.uk) - **07471 136 156**. Please mention you are a Club Member to receive a discount.

IN OTHER NEWS ...

We respectfully remind Members that you should not consume your own food or drinks on the premises, inside or out - thank you!

Please don't forget to carry your Membership Card whenever you use the club. Don't forget ... No Card - No Discount!

*If at any time you don't want to receive emails from us, please just reply to this email with **'Unsubscribe'** in the Subject Line and we will take you off our mailing list.*