Retallack Resort and Spa

Issue 43, November 2011

NEW INSTRUCTOR!!!

Hi I'm Chris Simmons, Some of you may have seen me around but if not then I am the new Gym Instructor/Personal Trainer.

I have worked in this Industry for 4 years now and in several gyms before here. My main role here at Retallack will be Inductions, Personal Training and carrying out my circuit training class on a Friday Night and some Sundays, with more classes coming soon. I have plenty of experience in the fitness industry including making programs for anything from fat loss to muscle gain or even injury rehabilitation. If you have any questions please just ask, whether that be a simple training or diet tip or a full program feel free to ask whenever.

Please check out our WINTER SHAPE UP news board in the studio, it is filled with tips, workouts and nutritional advice to keep you in shape during the colder months. CHECK IT OUT!!

November Superfood... Salmon

Salmon
All fish is a source of good-quality protein, vitamins, and minerals, but oily fish such as salmon also contains omega 3 fats that reduce blood clotting and inflammation.
Studies show that eating oily fish dramatically reduces the risk of having a heart attack, even in older adults.
Omega 3 fats also help to prevent depression, and protect against the onset of dementia. Yep, it's true, fish really is an all-round brain food.

If you have lost or damaged your membership card please be aware that replacements are £5.

Q: What's the best way to overcome a workout plateau

ONE FOR THE GUYS!!

A: Increase the weight you're lifting by small increments. You could also drop out of your rep range a little. For instance, if you're supposed to be benching for 5 reps and you find yourself stuck at 18kg, try to do 20kg for 3 or 4 reps in your next workout. It will be deviating from your program, but it still provides a new stimulus to your muscles.

Another plateau-busting strategy is to cut your volume way back. Do only one set of the exercise that you're stuck on and go to failure, then use the rest-pause technique. So, if you can only do 18kg for five, do it, then rack the weight and take deep breaths for 20-30 seconds. Next, grab the weight again and do as many reps as you can (you'll probably get around half the reps you got the first time). Rest again briefly, and repeat once more. In your next workout, try to beat the total number of reps you got.

The most important thing is to never repeat yourself by using the same weight or performing the same number of reps you got in your last workout. That will do nothing to bust a plateau, and it's just wasting your time.

About the Expert:
Jason Ferruggia is the author of *Muscle-Gaining secrets.*

We would love to start a weekly diet club, for both males and females and also a weekly running group to utilise our 5k running route onsite. If you are interested in either or just have some suggestions of what you would like please email me at **marie@retallackresort.com.** We are thinking of setting these up next month, details to follow in next months newsletter.

LITTLE BLACK DRESS WORKSHOP

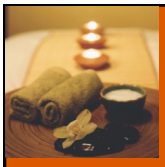
GET IN SHAPE FOR THAT LBD WITH THIS WORKOUT.

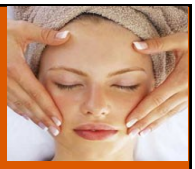
£5

7.30—8.30pm

TUES 15th NOV

We hope to make this 1 of 3 workshops we will do to get you in shape for the festive season. If this class is successful we will also run one class in Dec and Jan, please come along and be trained by all 3 trainers and hopefully learn some new fun and innovative exercises. Hope to see you all there. :)

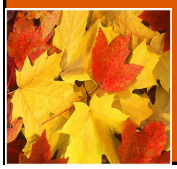


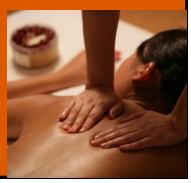


AUTUMN SPECIAL SPA OFFER

Buy a Rejuvenating Express Facial & a De-Stress Back, Neck & Shoulder Massage for only £50

Christmas Gift Vouchers are now available for purchase.





Class Timetable

Monday	Aqua Aerobics	9.30-10.15am
	Spinning	6.30-7.15pm
	Brazilian Butt Lift	7.15-7.45pm
Tuesday	Spinning	9.00—9.45am
	Bat Wing Blaster	**9.45—10.15am**
	Legs, Bums and Tums	6.00-6.45pm
	Bikini Workout	6.45-7.30pm
Wednesday	Abs and Butt	9.30-1015am
	Spinning	10.30-11.15am
	* Turtle Tots	9.30—11.30am
	Aqua Aerobics	12.00—12.45pm
	Spinning	6.15—7.00pm
	Boxercise	7.00—7.45pm
Thursday	Aqua Aerobics	9.30-10.15am
	*Buggycise	10.30—11.15am
	Power Sculpt	6.00—6.45pm
	Step Aerobics	7.00—7.45pm
Friday	Spinning	9.30-10.15am
	Fit Ball	10.30-11.15am
	* Twinkle Tots	9.45-11.10am
	Circuits	**6.30—7.15pm**
Saturday	Spinning	9.30—10.15am
Sunday	PT Body	9.30—10.15am

- **ADDITIONAL CHARGES APPLY TO NON PARENT & BABY MEMBERSHIPS**

PLEASE REMEMBER OUR BRAND NEW CLASSES:

CIRCUITS Friday

6.30-7.15pm, with Chris Simmons (our new instructor)

BATT WING BLASTER Tuesday

9.45-10.15am, with Marie.