



feel great every day

WHAT'S NEW THIS MONTH AT HORSHAM FITNESS?

Always keep updated with HF news!

Exciting times as we've just updated our website! We want to keep you all informed on everything going on in the health and fitness world and also keep you all in the loop with all HF news.

We have a brand new newsfeed with all Facebook and Twitter postings and we'll be posting more blogs, photos and guides to help you with all your health and fitness needs. We also have some amazing testimonials for you to gain inspiration from. Check it out at www.horshamfitness.co.uk

DATES FOR THE DIARY

Saturday 11th April 0830 :
Free Fitness

Monday 13th April 2015 :
Start of 6 week programme

Bank Holiday changes :
Monday 4th May sessions will move to Tuesday 5th May
Monday 25th May sessions will move to Tuesdays 26th May

Saturday 2nd May :
Nutrition with Rachael Scott
'Wheat'

Wednesday 27th May
Gap week sessions 930am and 630pm

HF Star Member of the Month

This month it goes to 6am-er Amy Benedict. We'll miss you Amy, great commitment and determination, big well done! 'I joined Horsham Fitness in July 2014 and have been addicted ever since. I finally completed a personal goal of attending every class (4 x week) and I have lost over a stone. I NEVER considered myself a morning person but have found that "getting it over with" at 6am is the best with no work or family excuses to miss workouts, I also adore my classmates they keep me laughing and motivated before the sun comes up. I will be moving back to Texas in April and will really miss everyone along with those ridiculously heavy tractor tires however I will miss boxing the most. Good luck to all of you and should you find yourself in Houston, give me a shout! abenedict@slb.com'





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BECOME LEANER, STRONGER, FASTER AND FITTER

Get out of your comfort zone – If you really want to get in shape then learn to be a little uncomfortable during your workout, focus on quality not quantity.

Get breathless – If you can hold a conversation you aren't working hard enough, get breathless and boost your metabolism.

Lift heavy – resistance training has been proven time and again to elicit a greater metabolic response than cardio alone.

Chase the burn – the greater degree of muscle burn you feel during a workout, the greater increase in post workout metabolic burn, meaning you'll burn fat faster!

Rest – Take adequate rest between workouts to allow for a full recovery but we also encourage you to work hard and rest as often as you need during a workout allowing a high intensity workout.

2015 SESSION DATES AND TIMES

DATES :

13th April – 23rd May

1st June – 11th July

20th July – 29th August

7th September – 17th October

TIMES :

Mon 0600, 0930, 1815 and 1915

Weds 0600, 0930, 1815, and 1915

Thurs 0600, 0930, 1815 and 1915

Sat 0830 only

AND FINALLY.....

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