



feel great every day

WHAT'S NEW THIS MONTH AT HORSHAM FITNESS?

Every month we come across hundreds of interesting articles on fitness, exercise, nutrition and many other topics that are important to us at HF. We decided to start pulling together some of the articles we read each month into a handy online magazine that you guys can 'flip' through at your leisure. You can access this via the HF website or the Flipboard app. If you haven't already looked at April's edition follow the links below.
<http://www.horshamfitness.co.uk/blog/horsham-fitness-april-flipboard-magazine/>

DATES FOR THE DIARY

Wednesday 27th May 0930 and 1830 :
Gap week workout. £6 PAYG

Saturday 30th May 0830:
Free workout

Monday 1st June:
Start of 6 week programme

Saturday 28th June:
HF Team Challenge/Social.
Pukka Races World War 1 Run

Tuesday – Start date to be confirmed 1900:
Pre-season football fitness open to all clubs

Join Team HF for the Summer Challenge

Join your HF team mates to scale 30 plus obstacles, jump through big mud pits, trudge up hilly terrain, crawl under barbed wire, tackle mustard smoke and dodge a paintball gauntlet over a 5 mile course!

What: World War 1 Run <http://www.pukkaraces.co.uk/>

When: Sunday June 28th 2015

Time: Registration begins at 930am. Event starts in waves at 11am

Where: Dorking, Surrey RH5 4RW

Cost: 30% discount for everyone on Team HF. Voucher code and sign on instructions to follow in forthcoming email.

Please let us know if you want to be a part of Team HF, we need you all!





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HF STAR MEMBER

This months star member is Louise Capewell. Being a fairly new recruit to HF Louise has really worked HF around her lifestyle, attending mornings, evenings and Saturdays 3 times a week without fail. Louise's commitment has really paid off as she writes

"I joined Horsham Fitness in October looking for something more challenging and rewarding than just pounding the pavements. I have lost weight, inches and feel much fitter and stronger especially my core. I have achieved this whilst thoroughly enjoying myself with a great bunch of people." Many thanks also to Louise for also introducing friends and family into the HF team.



2015 SESSION DATES AND TIMES

DATES :

1st June – 11th July

20th July – 29th August

20th July – 29th August

7th September – 17th October

26th October – 5th November

TIMES :

Mon 0600, 0930, 1815 and 1915

Weds 0600, 0930, 1815, and 1915

Thurs 0600, 0930, 1815 and 1915

Sat 0830 only

AND FINALLY....12 Healthy 'On The Go Snacks'

1. Celery sticks with nut butter
2. Meat Jerky (sold on Horsham market)
3. Canned sardines in olive oil
4. Hard boiled eggs
5. Protein smoothie with frozen berries
6. Carrot sticks and hummus
7. Turkey or beef slices rolled in spinach or kale
8. Handful of mixed nuts
9. Natural yogurt and berries
10. Couple of pieces of dark chocolate
11. Veggie juice
12. Handful of seed mix