



feel great every day

WHAT'S NEW THIS MONTH AT HORSHAM FITNESS?

**Fancy a challenge, a race against time,
a chance to test yourself?**

On Saturday 18th July at 830 am we are giving you the opportunity to complete a series of exercises and have a benchmark time recorded. We will then re-test you with the same workout at a later date. This is a great chance to set new goals and monitor your progression. Everyone is welcome to take part and there will be two levels prescribed. The normal Saturday morning session will run simultaneously so you can choose to take part or not. See you there!

DATES FOR THE DIARY

Wednesday 15th July 0930 and 1830 :
Gap week workout. £6 PAYG

Saturday 18th July 0830 :
Free workout and benchmark workout

Monday 20th July : Start of 6 week programme

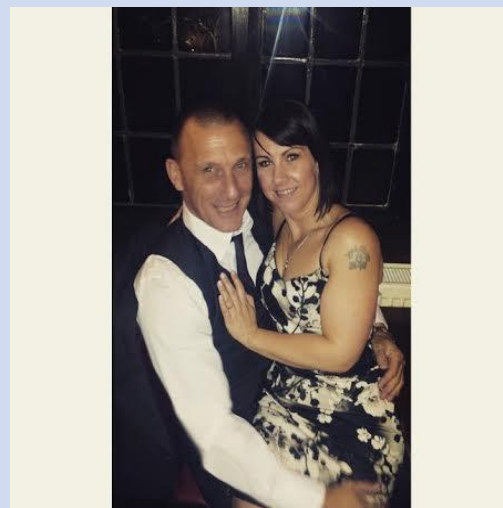
Wednesday 2nd September 0930 and 1830:
Gap week workout. £6 PAYG

Saturday 5th September 0830:
Free workout

Congratulations to HF Star Member Lisa Holmes

I would love to say a huge massive thank you to Katie, Mark and Don for helping on the road to achieve my goals of being fitter, faster, stronger, more confident and happier. All these things can make you have a better outlook on life! It's amazing what good exercise can do for you!

The sessions have been about hard work, sweat, dedication, sore muscles, and whipping myself doing double unders! I am very proud that I can actually do a pull up! Doing all this with a must say a great group of people – we are all in it together, encourage each other, working as a team or individually. I am getting married to Robin in a few weeks and feel totally beach body ready for the honeymoon. My goals for the next 6 weeks?..... To continue to get stronger!! Fit is the new Skinny!





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TEAM HF rock the WW1 Run!

Given the challenge of the toughest and deepest, mud pits to crawl through, barbed wire to crawl under, 8ft walls to get over, tyre climbs, a paintball gauntlet and 30+ more challenging obstacles, Team HF completed them all working together to get each member round. In true racing style we also had Josh completing the 5 mile course in 27th place (out of 476) so went on to do a second lap and complete the full 10 mile course in a great race worthy time. The World War 1 Run was created to commemorate 100 years since WW1 and was the perfect wet, muddy, fun filled race for Team HF. Well done to everyone that took part and everyone who came along to support you were all amazing. We can't wait for the next one!



2015 SESSION DATES AND TIMES

DATES :

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.....

Doing everything right, but still not getting the results you want? Try sleeping more...

"Sleep deprivation lowers testosterone and growth hormone, which play important roles in repairing muscle tissue. What's more, poor sleep is linked to increased inflammation in the body which will make it harder to recover from your workouts and an increase in the levels of insulin and cortisol, both of which lead to increased fat storage and insulin resistance..."