

feel great every day

WHAT'S NEW THIS MONTH AT HORSHAM FITNESS?

Why does everyone talk about the amount of weeks until the end of the year? It's not a reset button! Why wait until the 1st Jan for the best start, do it today? Focus on what you can still achieve in 2015. We have loads of challenges for you so set some new goals or re-focus on the current ones and still make 2015 one to remember. We want our 2015 Charity Challenge to be memorable so please all get involved. We'll keep you posted on all the details but one things for sure there will be teamwork, hard work, fancy dress and fun!!!

DATES FOR THE DIARY

Saturday 24th Oct 0830:

Free Saturday workout and Nutrition with Racheal Scott 'Wheat'

Monday 26th Oct 2015:

Start of 6 week programme

Saturday 21st Nov 2015 1930:

HF Social at B52's. Time to celebrate a great year in fitness together.

Saturday 5th Dec 0830:

Charity Challenge. Let's all get involved.

Wednesday 9th Dec 2015:

Gap week workout £6 PAYG

Monday 14th - Saturday 19th Dec

2015: Turkey Blasting week. Details to follow.

Monday 4th Jan 2016:

Start of 6 week programme.

STAR HF MEMBER JENNY GREEN

This months Star Member goes to Jenny Green. Well done Jenny a well deserved array of medals from consistent hard work, willingness to push outside the comfort zone, dedication and team work!

"Participating in Horsham Fitness sessions makes me feel energised and stronger physically and mentally and I have made great friends. I have gained the confidence to take on half marathon and 10k runs, something I never thought I would be able to do. Recently I started a new job and an evening class and sessions have been a great stress reliever. It's so good to be able to do more or push yourself a little further at each session. So Katie, Mark and Don bring on the next challenge!"





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"What's the best exercise for fat loss?"

Probably the most frequently asked question! The truth is, there is no single exercise and you'd need to factor diet and lifestyle choices, sleep and stress into your fat loss mission. Let's assume your sleep is in check and you're relatively chilled, what would optimal training include for fat loss? To a degree fat loss involves a simple mathematical equation of calories in versus calories out but as for exercise we use full body workouts based on 3 movements; a push, a pull and a squat to form a solid full body workout. There are plenty of variations to all 3, which is great to keep it varied, simple and results based. Periodisation is also key but exercises that demand work from multiple muscle groups at one time mean more energy is required which results in more calories burnt, the winning combo!



2015/16 SESSION DATES AND TIMES

DATES:

26th October - 5th December 2015

4th January – 13th February 2016

22nd February - 2nd April 2016

11th April - 21st May 2016

TIMES:

Mon 0600, 0930, 1815 and 1915

Weds 0600, 0930, 1815, and 1915

Thurs 0600, 0930, 1815 and 1915

Fri 1100 Babies and Burpees

Sat 0830

AND FINALLY.....

Striving to be our very best comes in all areas of life but the journey there always comes from hard work, passion and drive. A brilliant quote from a champion.....

'I'm never going to say I can't do it. I'm never going to say maybe. I'm never going to say I don't think I can. I can. And I will.'

Nadiya Hussain, after being crowned this year's winner of The Great British Bake Off 2015.