

The Fitness Phenomenon

Your guide to what's happening at Fitness from David Lloyd Maidstone

FITNESS

David Lloyd

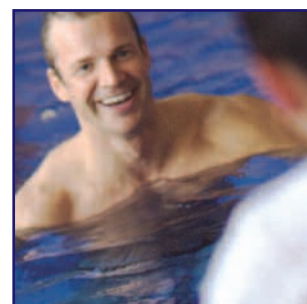
ISSUE 2



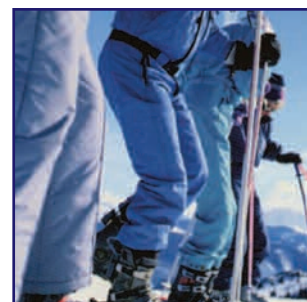
Exercise Mania comes to Maidstone in our Aerobathon.



Exciting local members benefits are revealed.



Swimming Lessons and our 'Swim to Trim' scheme.



Details on our Training Clubs, including Ski Fit and Golf fit.

News, useful information, dates for your diary...

Welcoming Note

Introducing the Membership Team....

Dear Members,

I am sure you would agree Fitness from David Lloyd Maidstone has come a long way over the last 12 months, and hopefully all for the better!



The club has seen an extensive painting programme, which has seen the club transform and become more welcoming. We have converted our old meeting room into a second studio, so more members can enjoy more classes and have also introduced 6 additional Keiser bikes; so more people can enjoy cycling classes. We have launched a new gym programme, which provides members with variety and techniques on how to get the best out of your gym and swimming workout.

We have bought new speakers and head microphones for the studio, to ensure your classes are to the highest standard.

Our members brought to our attention that the showers needed regrouting and new benches. The Management team listened, and this has been done! The steam room wasn't working properly, and again the Management team listened, and the problem was rectified!

I am sure you would all agree, a very productive year!

As we move into a new year, the Management team have lots more exciting products to deliver! Keep your eyes peeled for more information.

Again we welcome any suggestions, or ideas you would like us to look into. Please don't hesitate to pop it on a comment card at reception, and we will look into it for you.

May I take this opportunity to wish you all a happy and healthy new year.

Regards,

Lauren Thomas

General Manager

You will probably have noticed a few new faces around the club just recently so this seems the perfect opportunity to introduce you to the Sales & Membership Team.



The Sales & Membership Team now take full responsibility for new member sales and for dealing with any membership issues which may arise with your membership.

My name is Angela Ryton and I am the Sales & Membership Team Leader. I have been working for David Lloyd for approximately 18 months now and moved to Maidstone from the Kings Hill club.

Our longest serving member of the team is Lana Bennett. Lana joined Fitness from David Lloyd Maidstone in February 2006 and has gone from working solo to having a fully-fledged Sales team working with her.

Claire Holland joined the team more recently, moving from Premier Travel Inn at Nottingham to starting a whole new life here with us in Kent.

Finally the newest member of the team is Helen Shepherd. Helen has just joined us having finished her degree in Sport & Health Science at Exeter University.

So that's the team. No doubt you will see us out and about around the club. If you think you know someone who may be interested in membership get them to give the team a call on 01622 607605 and we'll be more than happy to show them what a fantastic health club facility we have to offer.

Also if you have any queries regarding your own membership please ask to speak to any member of the team who will be able to make sure your membership runs as smoothly as possible.

MEMBERS GUEST PROMOTION

Every weekend up until the end of February 2007, Fitness from David Lloyd Maidstone are offering all our members half price guest fees between the hours of 10am-4pm.

***So bring a guest into the club for as little as £3.00 for a child and £6.00 for an adult.**

This offer is valid until Sunday 25th February and available to all members between the hours of 10am-4pm.

You can bring up to 3 guests at a time. Let them come and soak up the facilities we have to offer.

These tickets are also available to buy in bulk with a maximum number of 10, and we will validate them for six months.

**Terms and conditions apply.*

Frequently Asked Questions

Is there something about Fitness from David Lloyd Maidstone that you always wanted to know? Here's some of the answers to the most frequently asked questions we're asked!

Parking

Do David Lloyd members have to pay for parking?

Yes unfortunately the council owns the car park so members do have to pay. However the parking is free after 6:30pm during the week and all day on Sundays.

Children

When are children allowed in the club?

Children are allowed social access to the club Monday – Friday 9am-6.30pm and Saturday and Sunday 9am-4.30pm.

Children may use the pool between 10-12noon & 3-6pm on Monday, Wednesday and Fridays, between 3-6pm on Tuesdays and Thursdays and from 10am-4pm on Saturdays and Sundays.

Are children allowed to use the club without an adult?

No. An adult must accompany any children under the age of 16 at all times.

Does David Lloyd provide swimming lessons?

Yes we have swimming lessons available for all ages, which can be booked at an additional cost through Valerie, our swimming co-ordinator. Her mobile number is 07957 706124.

Guests

Can I bring my friends and family into the lounge even if they are not members?

Yes but you must sign them in at reception first.

Can I bring my friends and family in the club to use the facilities if they are not members?

Yes. An adult guest fee is £12.00 and a child's guest fee is £6.00.

Crèche Facilities

Do you have a crèche?

Yes the crèche is open Monday to Friday between 9am and 1pm and Saturdays

Do I have to book my children for the crèche or am I able to turn up on the day?

Booking for the crèche can be made up to 7 days in advance. For more information and crèche fees you may call them directly on 01622 751779.

Gym Inductions

Before I use the gym will I be shown how to use the equipment?

Yes. We strongly advise that all new members have a Health and Fitness Induction. Even if you are a regular gym user we now have some great fitness programmes available for you to use in the gym from Cardio Conditioning to Free Weights and there are group inductions available free of charge for each programme so why not book in with a member of the gym team and try something different.

Is it essential that I have an induction as I have been using a gym for a long time?

We strongly advise the Health and Fitness Induction but it is not essential.

Does David Lloyd provide personal training?

In addition to our experienced Health and Fitness instructors we have three personal trainers, Michelle, Glen and Dan who work at our club on a freelance basis who are available for Personal Training Sessions at an additional cost.

Classes

Are the classes for advanced level of fitness or beginners?

The classes are aimed at all levels of fitness. They are taken by experienced instructors who will guide you through all the techniques and exercises. We advise that you inform the instructor if it is your first class.

Membership

Am I committed to a long-term contract?

No, we ask for a three-month agreement after which time should you choose to cancel your membership you must give at least one calendar months notice to us in writing.

Am I able to use other David Lloyd gyms?

Yes. You may use other David Lloyd Fitness clubs (Kingston and Maidenhead) for free. If you wish to use the larger David Lloyd Leisure Clubs, for example Kings Hill, you will need to pay half their guest fee. This will then cover you to use the club for a day. Please note guest fees may vary from club to club so please contact the club direct for their guest fees rate.

Useful phone numbers

Reception	01622 607 600
Sales & Membership office	01622 607 605
Swimming Co-ordinator	07957 706 124
Saks Hair and Beauty	01622 663 233
Crèche	01622 751 779

Local Member Benefits

Here at Fitness from David Lloyd Maidstone we have established some great local member benefits just for you!

All you need to do is produce your valid David Lloyd membership card at the following establishments and receive some great discounts:



Howletts Zoo at Bekesbourne, Nr Canterbury & Port Lympne Zoo at Lympne, nr Hythe – 30% off the entry fee.



Odeon Cinema, Lock Meadow – 30% off cinema ticket.
(not available Tuesday evenings)



La Tasca, Maidstone – 15% off food bill

CAPTAINS CABIN Sevenoaks

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Expert advice and professional service
Fantastic choice of ski equipment
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Hire Clothing & Equipment
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113/115 St. John's Hill Sevenoaks
Kent TN13 3PE
01732 464463



Captains Cabin, Ski shop, Sevenoaks – 10% off all products



Maidstone Scuba School – 10% off all courses



SweatShop at Notcutts, nr junction 7 of M20, Maidstone – 10% off all products



Surf Shack, Maidstone – 10% off all products




OSSEODENTAL

Osseo Dental – 10-20% off various treatments.

See the Membership Team for a leaflet

So what are you waiting for? Go on, treat yourself, you can afford to now!



WELCOME

TO THE *Fabulous*
BROUSSEAU'S
CASINO NIGHT

Friday 2 February at 8pm

Includes a free finger buffet, black jack and roulette tables

Tickets £5 which is given back in vouchers to spend at the bar!

Up to 3 guests per member welcome!
Limited spaces so book at bar now!

Meet the Gym Manager....

Lead Coach: James Leverington



In the last 5 months I have been initiating a transformation of your gym, studio and pool area here at Maidstone. The gym is undergoing constant changes with new things such as equipment, staff and decor. I hope you have seen that the Free Weights area has been changed and has been given a long over due lick of paint, with a change around of some of the equipment. The resistance area has been changed to be more user friendly, giving much needed space to new equipment and a stretching area.

We are now running a new Member Group Programme that will help to achieve your goals through a strict easy to follow workout. You will be followed

up every 10 sessions and taken to the next programme in the group. Running alongside this are our training clubs, which offers you specific training in certain fields of sport, such as Running, Golf and Skiing.

Also keep your eyes open for our notice boards showing you our monthly challenges. They are updated at the end of every month with a new challenge for the new month.

May I take this opportunity to wish you all a healthy new year. Remember if you need any help sticking to those new years resolutions, please don't hesitate to ask a member of the gym team!

Exercise Mania comes to Maidstone!



On Saturday 6th January, Fitness from David Lloyd turned into a Fitness Fanatics playground!

The day kicked off at 9am with Keiser being taught by Simon, continued by RPM being taught by Sam and to finish it off Keiser by Glen. All sessions lasted an hour, however not many members lasted the full course!

In the Studio, the morning started with Body Jam, followed by an energetic session of Body Combat taught by the legendary Darren, then to finish off, if that wasn't enough an hour of Body Pump.

So why did so many members put themselves through this? For charity!

Fitness from David Lloyd Maidstone, took the opportunity to kick-start the New Year and a new health and fitness timetables, by launching it with a charity day for Lupus.

The day raised an amazing £201.47, not bad for a little hard work! Well done to all the members and staff members that made the day a huge success.



Personal Training, what is it?

Personal training is a one on one session with a trainer over a number of sessions based around achieving goals that have been set at an initial assessment, aiming to improve one or more of the following; strength, power, endurance, balance, core stability, weight loss/body fat reduction and education of equipment and techniques.

The number of sessions depends on each individuals motivation, determination and skill sets before and during the Personal Training sessions.

The initial assessment would involve a number of things ranging from a health screening to strength tests, heart rate tests, flexibility and balance. This would give a base understanding of your abilities and where to start you.

We would cover Nutritional information for you going forward i.e. Dietary intake, (what foods/drinks are good and bad). What times of the day to eat, foods to benefit from and even meal sizes.

The sessions would be taken around your current program card that you should also undertake if you wish to achieve your goals in a realistic time scale. These sessions are 1hour long and cost ranges around £30 per session, depending on offers and amount of sessions purchased.

For more information, please contact a member of the Gym Team on:

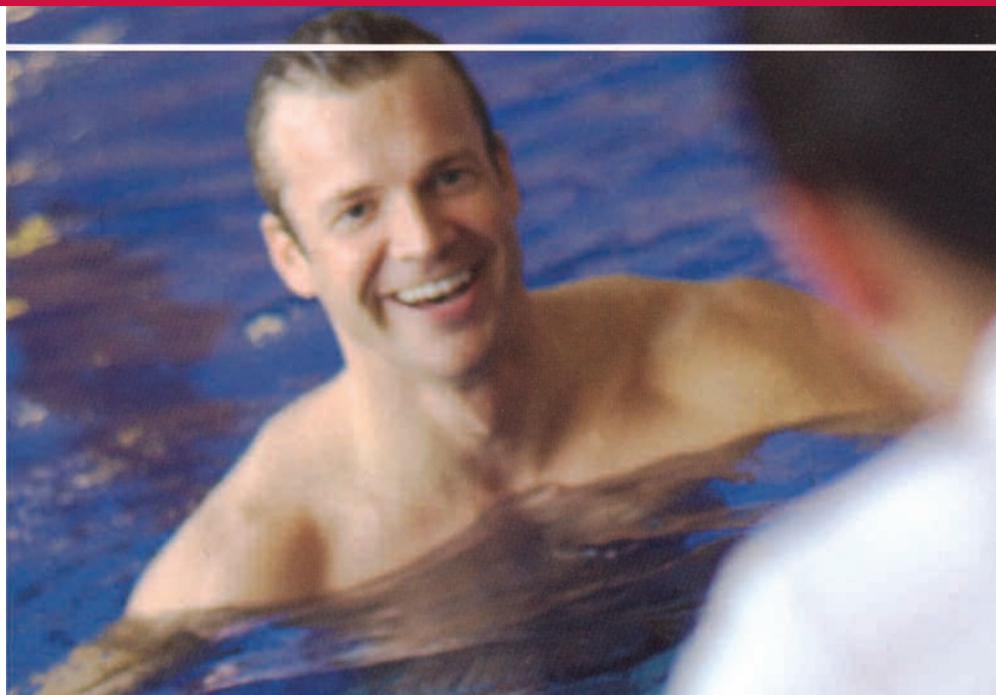
01622 607 613

Swim to Trim



This is a great chance to get into that pool and coach yourself through one of our training programmes which teaches you about getting fit in the pool, with our Starting programme, Improving your fitness, Enjoying your swimming and Competing with others.

So if you are a little rusty, or just need a little guidance why not pick up one of the above programmes. You can keep a check on how you are doing week on week, by recording your achievements in one of the session booklets provided on poolside.



Swimming Lessons 1-2-1

Need some help with your swimming technique or stroke? Why not contact our Swimming Co-ordinator Valerie Cullen. She will be able to assist you, and improve anyone's water style!

If you need swimming lessons early in the morning or late at night, then I am sure our professional swimming team will be able to provide you with a time slot to suit both parties.

Prices start as little as £20.00 per individual lesson. At the moment we have a special offer of buy 5 lessons and the get the 6th free.

Contact reception for more details

Childrens Access Times

The children's access times for Fitness from David Lloyd Maidstone are as follows:

Monday-Friday 9am-6.30pm
Saturday-Sunday 9am-4.30pm

The swimming pool times for children are:

Monday 10am-12pm/3pm-6pm
Tuesday 3pm-6pm
Wednesday 10am-12pm/3pm-6pm
Thursday 3pm-6pm
Friday 10am-12pm/3pm-6pm
Saturday 10am-4pm
Sunday 10am-4pm

**Children's group lessons
are also available**

Training Clubs



Why not try one of our training clubs?

Each club is tailored to help you improve in other sports that you may enjoy.

Running Club

If you're interested in running, either as a way of getting fit or as a competitive sport, then you may be very interested in our Running Fit Club.

Our coaches offer tailored running - fitness routines to suit your individual requirements. As well as working with you on your running style.

Why not join the Running Club at 19.00 on Wednesdays to really get those legs going!

Swim Fit

Designed to make you a faster, more efficient swimmer, Pool fit has been developed using gym-based training method and techniques employed by some of the world's best swimmers.

Golf Fit – Launching January 2007

To be top of your game, you need to make sure you arrive on the course in the best of shape. Golf Fit is our group-training programme that works specifically on improving the fitness of today's golfers.

To improve your game, fitness and help you reduce your handicap, you'll be coached with the same training methods and techniques designed for some of the world's top golf players.

Ski Fit

To make the most of skiing time, you want to be fit for the slopes on day one. If you're already strong and supple enough, finding your feet is simply a matter of picking up your technique where you left off.

Ski Fit, is a great new programme designed to get you in the best shape to face the slopes. Not only will you be instructed in gym based exercises to achieve maximum fitness – you'll learn techniques used by some of the world's best skiers.

For your entire ski equipment needs, why not visit The Captains Cabin in Sevenoaks, and receive a 10% discount when you show your David Lloyd membership card.

Mind, Body and Soul Studio

In January, we saw the launch of studio 2. Studio 2 was previously a meeting room and we have recently converted it for use as a Mind, Body and Soul Studio.

We made the decision to convert the meeting room, in order to broaden our timetable offering to all our members. We also listened to what you our members were telling us, that you wanted more holistic style classes. We hope that you will enjoy the new facilities.

For those of you that are unaware of where this studio is, it is located opposite the reception desk!

Are you up for the challenge?

Each month we set you our members, a gym challenge. This is a great way to get to know fellow competitors, create a bit of atmosphere and have some fun!

We try to tailor each challenge around something topical at the time, for example when the London Marathon is on, we will set a running challenge.

If you have any ideas for a challenge, why not let James and his team know, and we will see what we can do.

Asquith Crèche

The crèche staff would like to thank all the regular parents for their support over the last year, which has been a time of big changes.

It is with great sadness that Lee has left the crèche team and gone on to be a Nanny. We would all like to wish her well in her new job. Lee will be staying on as a relief worker, so I am sure you will all still see her from time to time.

Sally and Anna are remaining at the Crèche, with Anna taking over from Lee as Crèche Supervisor. Lucy Maulud will be joining the team in January and we are sure you will join us in giving Lucy a warm welcome.

We would like to take this opportunity to remind you of our new opening hours, which are:

Monday to Saturday: 9 – 1pm

Sundays: Closed

Also we would like you to spread the word that we are now open to non-members of David Lloyd. Obviously members of the David Lloyd Maidstone will get priority, but it would be great to see some new faces in the coming months.

Don't forget you can also put your children in the crèche whilst you shop or spend some time in the town.

Come along any time to meet the crèche team and find out more.

Asquith Crèche Direct Telephone Number: 01622 751 779



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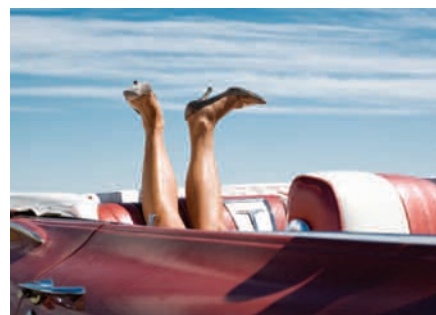
JCB Group have developed the JCB Service Plan to help you budget for your servicing costs and avoid a "bump" when it comes to your service charges. Most customers normally own their vehicles for 3 years, and you can pay for that 3 years servicing upfront, or by monthly direct debit and enjoy a 10% discount on parts, labour and service, whichever way you pay. What's more, we'll not only cover your servicing, but we'll also change your bulbs and repair 2 punctures for you free of charge.



So what does the JCB Service Plan include?

All routine servicing for the period of the agreement will be covered :

- All the lubrication services including oil changes plus air, fuel and oil filter replacement at the required mileage
 - Inspection services and an extensive list of checks
 - Brake fluid service
 - Free of charge repair of 2 punctures*
 - Free of charge bulb replacements**
- JCB Service Plan can help.
- Helping you budget for servicing costs
 - Regular services could help to maximise the resale value of your vehicle
 - This also helps keep your vehicle in optimum condition
 - You're guaranteed no labour or parts price increases
 - Pay up front or by Direct Debit and we'll give you a 10% discount
 - Covering you for 2 free of charge puncture repairs (during the term of the policy)
 - Including free of charge bulb replacements (during the term of the policy)



VW Polo E 1.2 3dr

Cash Price	£8,200.00	Fees payable	£185.00
Deposit	£1,839.46	Total amount payable	£9,054.46
35 monthly payments	£99.00		5.8% APR
Final payment	£3,750.00		

Based on 10,000 miles per annum



VW Golf S 1.4 3dr

Cash Price	£12,100.00	Fees payable	£155.00
Deposit	£2,980.87	Total amount payable	£13,290.87
35 monthly payments	£149.00		5.8% APR
Final payment	£4,940.00		

Based on 10,000 miles per annum



VW Touran SE TDi 1.9

Cash Price	£16,965.00	Fees payable	£185.00
Deposit	£5,089.50	Total amount payable	£19,900.48
35 monthly payments	£238.34		11.1% APR
Final payment	£8,284.25		

Based on 10,000 miles per annum



£1,000 off all new Tourans

Patsy and Clive Dixon are pleased to offer
fellow David Lloyd members a warm welcome at Liberty Gallery

*You will find an eclectic and exciting range
of contemporary fine art, sculpture, jewellery,
leatherware, sculpture, textiles
(including hats, bags and scarves)
as well as ceramics, glass, artists' cards,
world music CDs, mosaics - and more!*

FREE PRIZE DRAW!!!

**VISIT DURING JANUARY AND FEBRUARY
FOR YOUR CHANCE TO WIN A BOTTLE OF CHAMPAGNE**

We are pleased to exhibit work by many
talented artists - some established and some
undiscovered - and whether you are looking for
something personal or for a special gift we are
committed to representing artists of an
exceptional standard and art from affordable prices.



Saks

Claire & John Denyer are pleased to announce that they are opening their 2nd Saks Franchise at David Lloyd Kings Hill.

Nicola Gull will be acting Manageress at Saks Maidstone on Claire Denyer's behalf.

From January Saks Maidstone will be introducing 20% discount for over 60's on Mondays and Tuesdays.

Also in late January client loyalty cards will be available which will be valid at Saks Maidstone and Saks Kings Hill, please see your stylist or therapist for more details.

Throughout January and February Saks Maidstone are please to announce a wonderful detox package. Buy an Aromaspa Ocean Wrap and receive a free anti-cellulite massage.

In February Saks Maidstone gives you the chance to test some of our fabulous facials. From the 19th-22nd February try one of these taster facials – procollagen, visible brilliance or tri-enzyme for just £30. This cost of £30 is redeemable against any 2 prescribed products purchased in the day.

Also throughout February Saks Maidstone are offering 20% off Racoon hair extension services.

Thinking of treating someone special for Valentine's day or Mother's day?

From 1st – 14th February, and 1st – 18th March purchase a pamper day and get a second one for you ½ price, ask in salon for more details.

David Lloyd Maidstone
Lockmeadow Development
Barker Road, Maidstone
Kent, ME16 8LW.

T: 01622 607 600
F: 01622 607 639
E: sales.maidstone@whitbread.com

