

New Year, New You!

Welcome to the latest edition of the monthly newsletter. We love to know what our members are doing, so please contact us if you want to feature in February.

New Year Resolutions

ONE2ONE

personal training

With the start of the New Year comes the resolution to get in shape for summer and burn off those mince pies. Have you thought about having a Personal Trainer at the Health Club? They can motivate clients by setting goals and providing feedback and accountability to clients. Trainers can also measure their client's strengths and weaknesses with fitness assessments.

We have 15 highly qualified and experienced PT's at the club, please follow the web link for details on them all www.thecanarywharfhealthclub.co.uk/fitness/pt/pt.html

If you are interested in Personal Training please contact sean.bellamy@credit-suisse.com who will be happy to discuss your enquiry further.

Club Etiquette

Due to feedback from our members, we have decided to put in place a club etiquette sheet. This is to be observed by all members to enhance your experience.

Please don't

- Use chalk whilst in the gym
- Drop weights on the gym floor
- Leave your belongings in the lockers unless you are using the club at that time

Please do

- Wipe down your machine after use
- Put your equipment back after use
- Observe good levels of personal hygiene
- Clean the sink if you have shaved

Thank you for your co-operation in these matters.

Christmas Gym Challenge

Winners of our gym challenge were Bob Bailey, Zsolt Szollosi and Chirs Mullard. Each member receives a goody bag. Well done to them all and to all who took part. Look out for the next exciting challenge in the Health Club.

New Studio Timetbale

Are you ready to get fit and have fun in January? Group exercise is a great way to kick start your new year and we have some exciting classes coming to the timetable.



We launch Snow Fit on a Monday at 3.45 p.m. with Faith, and Wednesday 6.15 p.m., with Jo. In these classes you will work on your ski and snowboard fitness, increase core and glute strength, whilst challenging your balance, flexibility and coordination.

We also have a new spin class at 7.00 a.m. on a Wednesday, with Fola.

The Health Club is pleased to announce the launch of the Thursday workout at 6.15 p.m. which will start with a six week Olympic lifting programme with Alex. This will focus on power and strength and will take your fitness to the next level. Please make sure you book in advance, as this is a progressive course.

Should you have any comments or feedbacks relating to the Studio please contact joanna.walters@credit-suisse.com

Physio Seminar – Marathon Training

Following the successful seminar held in November on Ski injury prevention we are pleased to announce the next seminar for marathon training.

Topics discussed:

- Improve your running
- Factors that cause running injuries
- Most common injuries discussed
- Prevention of injury
- How to train to improve your running efficiency

Again this will be held by Bryan Elstead the onsite Physiotherapist. This will be held on Wednesday 25 January at 12.00 p.m. on Level 7. Spaces are limited so book fast. Each seminar will last for 45 – 60 minutes. To book your place please contact csreception@nuffieldhealth.com

Sorry You're Leaving

We are sad to report that Alex Talks the club's Operational Manager will be leaving us on January 6th to take up a role at another Nuffield Club. Alex has been with us for three years and first started as a Fitness Advisor. He will be missed, and we wish him the best of luck in his future endeavours.



Alex: After working in the health club for just under three years I would like to thank everybody who has made my time here special and enjoyable. Credit Suisse has been a fantastic place to work and will be a period that I look back on with fond memories.

Meet Our Experts 2012

Following 2011's successful launch of the Nuffield Meet our Experts, we are pleased to announce that we will have more exciting club visits from our field of experts to share knowledge on various topics throughout the year.

Topics for 2012 include:

- Healthy Eating
- Healthy Heart
- Resilience
- Lung Health
- Back Care
- Sleeping

Watch this space for more details on these.

imagine

Spa

January Imagine Spa Offers

The New Year awaits with new treatments, convenient appointments and price increases - All from 1st January 2012.

For any information about any of our new treatments, please visit our website or contact a member of our team.

Get detoxed

Book a detoxing body wrap and receive a complimentary Mini Facial



90minutes of pure relaxation!

£63

Value: £88, saving you £25

Imagine now offering Skin Peels

Younger, clearer, more radiant skin awaits you...



Salicylic and Mandelic Skin Peel (45 minutes £52)

As an introductory offer, book a course of **three skin peels for only £139** in January!

See and feel the difference in your hair...

Free Scalp Massage with Moroccan Oil purchase

Moroccan Oil will penetrate the hair cuticle, unlike a serum that sits on the surface

Launching Mii Mineral Makeup

A word about Mii...

Pop into the spa after your workout one day to try our new mineral makeup range and experience Mii!

For any information including Terms and Conditions regarding our offers or for more information, visit our website or ask your therapist who will be happy to help.

www.imaginespa.co.uk/canarywharf

To book any of our January Spa Offers, please call 0207 883 4753