

Dear FSFC Member,

As 2011 draws to a close, I wanted to update you on what has been happening over the last few months since the last edition. I also wanted to inform you of some of our plans for 2012. I'm very pleased to report that within the last month FSFC has reached capacity in both our swimming and fitness memberships.

We are now operating a waiting list for all prospective new members; a fantastic position to be in, in less than 2 years of opening!

Paul Ray - Sports Centre Supervisor



### Personal Training

FSFC are pleased to announce that *Samantha Blyth*, formerly of LA Fitness, will become our newest addition to the team, taking over the role of Personal Trainer from Becky Clements, who will be taking a break to have her first child, due in February.

Samantha will be available during FSFC hours, offering discounted taster sessions to full members.

With a degree in Sports Science and having obtained her Level 3 instructor qualification, she is more than qualified to help you achieve your goals in the New Year!

### Christmas Opening Hours 2011-12

Friday 23rd December 2011	Normal
Christmas Eve	CLOSED
Christmas Day	CLOSED
Boxing Day	CLOSED
Tuesday 27th December 2011	CLOSED
Wednesday 28th December 2011	08:00 -12 Noon
Thursday 29th December 2011	08:00 -12 Noon
Friday 30th December 2011	08:00 -12 Noon
New Year's Eve	10:00 -12 Noon
New Year's Day	CLOSED
Monday 2nd January 2012	CLOSED
Tuesday 3rd January 2012	CLOSED
Wednesday 4th January 2012	New Opening Times In Effect Please See Below



Merry Christmas and a very Happy New Year to all our members



### GP Referral

On Monday evenings, between 6pm & 10pm, exercise specialist Aaron Churchyard is here to help and advice those with injuries and other health issues.

Working in partnership with Framlingham Surgery, Aaron's 'Encouraging Exercise' regime assists those who need to set up a personalised client specific programme, designed entirely to their needs.

### Staff Profiles

#### Charlie Higgins

Lifeguard Trainer & Senior Leisure Assistant



Having joined the team last February, Charlie Higgins delivers our in-house Lifeguard training programme as well as all external NPLQ courses.

With 8 years experience in the Leisure industry, Charlie also works the majority of the early morning sessions, assisting as either a lifeguard or fitness instructor.

Charlie also runs our popular SwimFit class on a Thursday evening between 6pm and 7pm.

#### Aaron Churchyard

Exercise Referral Specialist



Aaron Churchyard is our Exercise Referral Specialist who has been successfully running our GP Referral scheme since November 2010.

Since undertaking his initial apprenticeship, Aaron has gained a number of highly specialised qualifications, most noticeably The Wright Foundation Exercise Referral level 3 and Central YMCA Level 3.

Aaron spends the majority of his working week as a regional assessor for a well known NVQ training company, travelling the length and breadth of East Anglia. He is proud to be one of Woodbridge Town Football Clubs longest serving current players.



### Gym / Swim Challenges

Look out for our new challenges to hit the gym and pool in the New Year. These are intended to push and inspire members of all levels and abilities. Not only will you improve your general fitness you stand to win one of our great prizes!

### New Opening Hours from Wednesday 4th January 2012

Please note the new FSFC opening times below in effect from January 2012. Opening Hours will slightly change again on 13th February 2012. All details will be published prior to changes being made.

#### Swimming Pool

	AM	PM
Monday	06:00 - 10:00	19:00 - 22:00
Tuesday	06:00 - 08:30	19:00 - 21:00
Wednesday	06:00 - 08:30	19:00 - 21:00
Thursday	06:00 - 10:45	19:00 - 22:00
Friday	06:00 - 08:30	19:00 - 21:00
Saturday	CLOSED	18:00 - 20:00
Sunday	09:00 - 13:00	CLOSED

#### Fitness Suite & Weights Room(s)

	AM	PM
Monday	06:00 - 10:00	18:00 - 22:00
Tuesday	06:00 - 08:30	18:00 - 21:00
Wednesday	06:00 - 08:30	18:00 - 21:00
Thursday	06:00 - 10:45	18:00 - 22:00
Friday	06:00 - 08:30	18:00 - 21:00
Saturday	08:00 - 12 Noon	18:00 - 20:00
Sunday	09:00 - 13:00	CLOSED

