

TRENDING THIS MONTH

Stick With It -

We are only a month into 2025, so don't give up your goals for the new year. A lot of us start to fall by the wayside and come off the tracks with our fitness. It is important that we stick to it and keep moving towards our goals.

Don't Focus On The Weighing Scales -
It isn't always about what you weigh. The ratio of muscle to fat is far more important than the scales will show.

Mix Up Your Training -

It can be very important to mix up your training, with new gym sessions to partaking in group fitness classes. Book yourself into one of our fitness classes and keep your training going:

Aqua - Monday & Wednesday
09:15-10:00

Circuits - Monday
18:00 - 18:45

Circuits - Thursday
18:00 - 18:45 & 19:00 - 19:45

Boxercise - Wednesday
18:00 - 18:45

Pilates - Thursday
09:00 - 10:00 & 10:15 - 11:15

Yoga - Friday
09:30 - 10:30 & 10:45 - 11:45

Fitsteps - Tuesday
09:15 - 10:00

Zumba - Tuesday
10:00 - 10:45

THE SPA BARNHAM BROOM

TIME TO RECHARGE

Start 2025 feeling recharged and refreshed with an invigorating 'Time to Recharge' treatment at Barnham Broom Spa in Norfolk.

Features ESPA's signature Fortifying aromatherapy blend with purifying Eucalyptus and Tea tree to help strengthen and support the body and mind.

Includes:

Invigorating body massage
Lymphatic drainage face massage
Scalp treatment

20% off ESPA products purchased on the day
50 minutes - £65*

Available Monday - Thursday
8th January - 27th February

Terms, conditions and exclusions apply.

*Treatment only, upgrade for £20 to include use of leisure facilities and robe & slipper hire.

Book now with The Spa.

CHILLI SALMON & TERIYAKI NOODLES

This fresh seafood supper is ideal for those February nights. Flavourful and packed with Protein, carbs and those all important vitamins and minerals. Only 596 calories per portion.

Ingredients -

- 2 skin-on salmon fillets
- 1 small red chilli
- 1 tbsp mirin
- 1 tbsp soy sauce
- ½ thumb-sized piece ginger
- ½ small pack coriander
- 140g mangetout
- 2 tbsp teriyaki sauce
- 300g straight-to-wok noodles



full Recipes can be found on -

<https://www.bbcgoodfood.com/recipes/chilli-salmon-teriyaki-noodles>

**LIFE HAS NO
REMOTE.
GET UP AND CHANGE
IT YOURSELF.**

