

TRENDING THIS MONTH

Six Healthy Weight Loss Tips:

- Drink More Water - Especially when you first wake up to rehydrated the body.
- Don't Skip Breakfast - Breakfast is the most important meal of the day. Consuming a well balanced and nutritious breakfast will help set the body up for the day.
- Move Everyday - Through exercise, walking or just being active throughout the day will help loss weight.
- Make Lunch The Biggest Meal - it helps ensures you're using all the energy from the food you consume. If you were to eat a big meal at night, your metabolism will slow down while you sleep so all those extra calories you consumed will be stored as fat.
- Only Eat When Hungry - Try avoid snacking on thing when you are not hungry, this will help limit the extra calories your body doesn't need.
- Prioritise Good Sleep - Sleep is very important for your body to recover from the day before. Try get around nine hours a night.

**YOU CAN
HAVE
RESULTS
OR EXCUSES
NOT BOTH**



Barnham Broom

Me Time

Put a spring in your step with Barnham Broom's 'Me Time' Spa offer. Start by unwinding with a signature back and scalp massage before lounging by the pool and soaking up the sunshine.

Includes:

Barnham Broom signature back & scalp massage

Use of The Edge Health & Fitness Club

Robe & slipper hire

Refreshing herbal tea

Available Monday-Friday, Until the 30th April

Want to upgrade? Why not make a day of it and add afternoon tea from £32.95 per person, or a mini facial from £19 per person.

Terms, conditions and exclusions apply, speak to a Spa team member for more details.

NEW MONTHLY CHALLENGE

Can you beat April's Challenge?

Row 500m, Cycle 1 Mile on the static bike and Climb 10 Flights of Stairs on the Stairmaster, in the quickest time.

The fastest time wins a day pass to the Edge Health and Fitness Club for a family or friend.

All Entries Must Be Timed By A Member Of The Edge Team.

VIRTUAL CLASSES

Don't Forget to join our NEW Virtual Classes, delivered in the studio by Fitness on Demand.

Virtual Spin:

Wednesday 17:00 - 17:45

Friday 17:00 - 17:45, 18:00, 18:45

Sunday 11:00 - 11:45, 12:00 - 12:45

Virtual Pilates:

Tuesday 18:00 - 18:45

Saturday 11:00 - 11:45

Virtual Yoga:

Tuesday 17:00 - 17:45

Saturday 13:00 - 13:45

