

FITNESS FOCUS

Looking to maximise calorie burn and boost your metabolism? This month's Fitness Focus is a simple, effective full-body session designed to help you burn fat while building strength:

3-4 sets

- 10 each leg walking lunges
- 12 bent over rows
- 12 dumbbell thrusters
- 12 kettlebell swings
- 30-60 sec mountain climbers

Fat Burn Finisher

5-10 minutes interval row, bike, or run with 30-60 seconds high intensity and 30-60 seconds recovery/lower intensity



DID YOU KNOW..

That combining strength training with higher intensity cardio (like intervals) is one of the most effective ways to support fat loss. Research shows that this approach not only burns calories during your workout but also increases excess post-exercise oxygen consumption (EPOC). This means your body continues to burn more calories even after you've finished exercising.

Mix up your training between strength and high intensity cardio throughout the week for the best results.



CLASS OF THE MONTH

With a mix of cardio and strength exercises, Circuits on a Monday and Thursday evening is this month's chosen class. Circuits is a faster paced, higher intensity workout that rotates through multiple stations, combining strength and cardiovascular exercises with minimal rest. These classes offer a time efficient, full body workout that improves fitness, fat burning and is suitable for beginners and advanced gym goers.

[Check out the timetable and book in now, using the Members online portal.](#)



Nutrition Corner - Eating for Energy

As the days get longer and activity levels rise, June is the perfect time to focus on your nutrition and fuel your body for sustained energy. Whether you're training harder, spending more time outdoors, or simply trying to stay consistent, what you eat plays a major role in how you feel and perform.

5 simple steps to help you stay consistent and retain energy:

- Prioritise balanced meals. Aim to include a mix of carbohydrates, protein and healthy fats in every meal. 50/30/20 – 50% of your daily intake Carbohydrates, 30% Protein and 20% Fats
- Time your fuel wisely. Eating around your workouts can make a big difference. Having a light meal or a snack which includes carbohydrates as well as protein 1-2 hours before exercise can boost performance, while post-exercise meals help recovery and replenish energy stores.
- Stay hydrated. With warmer weather, hydration becomes even more important. Even mild dehydration can lead to fatigue and reduced performance. Keep a water bottle handy and consider adding electrolytes if you're sweating more than usual.
- Don't skip snacks. Healthy snacks between meals can help maintain energy levels throughout the day. Options like fruit with yoghurt, a handful of nuts, or whole-grain crackers with hummus can keep you going without energy crashes.
- Listen to your body. Energy needs can vary depending on your activity level, sleep, and stress. Pay attention to hunger cues and adjust your intake accordingly under-fuelling can leave you feeling sluggish and impact your progress.

Summer Salad

Ingredients

- 1 cup mixed salad greens (spinach or lettuce)
- ½ cucumber, sliced
- 1 cup cherry tomatoes, halved
- ½ avocado, diced
- ¼ red onion, thinly sliced
- 2 tbsp feta cheese
- 1 tbsp nuts or seeds
- 2 cooked chicken breasts (Optional)

Dressing

- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp honey
- 1 tsp Dijon mustard



Instructions

In a large bowl, combine the salad greens, cucumber, tomatoes, avocado, and red onion.

Add the cooked chicken on top.

In a small bowl, whisk together the olive oil, lemon juice, honey, mustard, salt, and pepper.

Drizzle the dressing over the salad and toss gently to combine.

Finish with feta cheese and a sprinkle of nuts or seeds for extra crunch.

Members Perks

Thinking about taking your training to the next level? All members can take advantage of an exclusive perk, a free 30-minute Personal Training taster session. Whether you're new to the gym or looking to break through a plateau, this session is a great opportunity to get expert guidance tailored to your goals. One of our qualified trainers will work with you to assess your current fitness level, understand what you want to achieve, and introduce you to effective, personalised exercises.

What to expect:

- A quick goal-setting chat
- A short, focused workout
- Practical tips to improve your training

It's a no-pressure way to experience the benefits of Personal Training and see how structured support can boost your progress, motivation, and results.