

As the days grow shorter and the autumn air sets in, October is the perfect time to refocus on your health and wellbeing. We're here to help you stay motivated, build healthy habits, and keep moving as the seasons change. Whether you're working towards a new fitness goal, enjoying our group classes, or simply making time for yourself, every visit is a step in the right direction. Thank you for being part of our community, we're excited to share this month's updates, tips, and events to help you make the most of October.

Fitness Focus

As we head into autumn, it's the ideal time to focus on building strength and creating consistent habits that will carry you through the colder months. Strength training isn't just about lifting heavier weight, it improves posture, supports bone health, boosts metabolism, and makes everyday activities feel easier.

This month, challenge yourself to include at least two strength-focused workouts each week. Whether you prefer free weights, resistance machines, functional training, or one of our instructor-led classes, every session helps you become stronger and more resilient.

Top October Tip: Don't forget the importance of recovery. As temperatures drop, warming up properly before exercise and stretching afterwards can help reduce the risk of injury and keep your muscles feeling their best.

Need some guidance?

Our fitness team is always on hand to help you refresh your programme, demonstrate new exercises, or support you in reaching your goals. Let's make October a month of steady progress and lasting results!



Did You Know?

Just 30 minutes of moderate exercise five times a week can:

- Reduce your risk of heart disease.
- Boost your mood by releasing feel-good endorphins.
- Improve the quality of your sleep.
- Increase muscle strength and bone health.
- Give you more energy throughout the day.
- Help reduce stress and improve mental wellbeing.

Remember, every step counts! Whether it's a gym workout, a swim, a fitness class, or a walk with friends, staying active is one of the best things you can do for your body and mind.



The Edge Class of the Month

Beginners Run Club - Edge Eagles

Looking for a fun way to improve your fitness and meet new people?

Our Beginners Run Club is the perfect place to start! Whether you're completely new to running or returning after a break, this friendly and supportive group is designed to help you build confidence at your own pace.

The focus is on keeping active, improving fitness, and enjoying the social side of exercise. Every session is welcoming, encouraging, and suitable for all abilities, no one gets left behind.

Come along, get moving, and enjoy the benefits of running together. You'll leave feeling fitter, more motivated, and part of a fantastic community!



Wellness Hub

October is a perfect time to reset your routines. To make the most of the last bit of sun, focus on hydrating well, soaking up daylight to support your circadian rhythm, and easing into autumn-friendly habits.

Wellness Tips For October:

- Embrace "Digital Sunsets": The days begin getting shorter in October. Help your body adjust by powering off all screens at least an hour before bed.
- Get Outdoors: Spend time in nature to naturally improve your mood and absorb Vitamin D before the darker autumn and winter months settle in.
- Set Firm Boundaries: Say no to commitments that drain you. Protecting your downtime is vital for recharging your mental well-being.
- Supercharge Hydration: Aim for 2 to 3 litres of water daily. Carry a reusable bottle with you as you travel around, and try infusing it with cucumber or mint for a refreshing flavour boost.



Nutrition Corner

As the weather begins to cool, October is the perfect time to enjoy seasonal fruits and vegetables such as apples, pears, blackberries, squash, beetroot, and carrots. These foods are packed with vitamins, minerals, fibre, and antioxidants that help support your immune system and overall health.

Try adding an extra serving of seasonal produce to your meals each day, whether it's a homemade vegetable soup, roasted root vegetables, or a fresh apple as an afternoon snack. Eating seasonally not only boosts your nutrition but is often more affordable and environmentally friendly too.

October Recipe: Roasted Butternut Squash & Apple Salad

Celebrate the flavours of early autumn with this colourful, nutrient-packed salad. Rich in fibre, vitamins, and healthy fats, it's perfect as a light lunch or a side dish.

Ingredients (Serves 4)

- 1 small butternut squash, peeled and cubed
- 2 apples, sliced
- 100g mixed salad leaves
- 50g walnuts, roughly chopped
- 50g crumbled feta cheese (optional)
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tsp Dijon mustard
- Salt and black pepper to taste

Method

1. Preheat the oven to 200°C (180°C fan).
2. Toss the butternut squash with 1 tablespoon of olive oil, season with salt and pepper, and roast for 25–30 minutes until tender and lightly golden.
3. In a small bowl, whisk together the remaining olive oil, balsamic vinegar, and Dijon mustard.
4. Arrange the salad leaves on a serving platter and top with the roasted squash, apple slices, walnuts, and feta if using.
5. Drizzle with the dressing and serve immediately.



Butternut squash is an excellent source of vitamin A, supporting healthy vision and immune function, while apples provide fibre to help keep you feeling fuller for longer. Walnuts add heart-healthy omega-3 fats, making this a balanced and satisfying seasonal meal.

Whats Happening at Barnham Broom

80's vs 90's Party Night

Celebrate the season with a blast from the past! Our fully themed 80s & 90s party is officially in session. From synth-pop to Britpop, we guarantee a night of floor-filling anthems that you won't be able to resist.

Before we hit the dancefloor, tuck into a two-course 80s themed menu that would make any dinner party host proud.

On the DJ playlist: Everything from the soulful vibes of Whitney and Lionel Richie to the "Cool Britannia" energy of Oasis and Blur. Get ready for a massive nostalgia trip featuring The Spice Girls, Wham!, The Vengaboys, and the dance anthems of Robin S, Sonique, and Livin' Joy. Whether you're a "Karma Chameleon" or a "Common Person," this is your night.

Dress to Impress (and Win!)

We want to see your best vintage looks! From "New Romantic" glam to "Britpop" cool, there are big prizes up for grabs for the most radical outfits:

Best Dressed Individual: For the person who truly captures the spirit of the decade.

Best Dressed Table: Get the whole squad involved for the ultimate group look!

Book Now for Wednesday 16th December 2026, 19:00 - 00:00. £42.95pp



Members Perks

Take your fitness to the next level with our exclusive member discount on Personal Training sessions.

Whether you're looking to improve your technique, achieve a specific fitness goal, build confidence in the gym, or simply stay motivated, our experienced Personal Trainers are here to support you every step of the way.