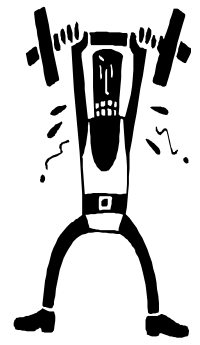




the boathouse fitness club



Members Update

Issue 1, December 2002 (Published Quarterly)

Mr & Mrs Boathouse Competition

A mini triathlon competition will be run on Saturday 25th January where members will have the opportunity to compete against other members for the title off Mr or Mrs Boathouse. Members may also wish to use the competition as an evaluator which will provide a base line indicator of fitness.

The aim of the competition is to give members a target around which they can plan their exercise programme. The fitness team can provide members with exercise programme guidance in order to plan training for the event.

The

triathlon events programme consists of:

- 1.6 km (1 mile) on the treadmill
- 4.8 km (3 miles) on the exercise bike
- 2000m (1.25 miles) on the rowing machine

Individual prizes will be given for each event as well a prize for the best overall performance.

The £5 entry fee will be donated to:

Marie Curie Cancer
Care

Rowing Tank

Gym members will have noticed that the rowing tank has been operational for the past few weeks. Although the majority of bookings for the tank are from school, university and local rowing clubs, gym members are reminded that the tank and a rowing coach are hireable for group bookings.

Any interested party should contact Kevin Watson on 01678 250 250 or Callum MacDonald (Rowing Development Officer) on 01698 250 206 for more details.

Member's Suggestions Box

As a result of several members making use of the suggestions box in the entrance foyer, a selection of dumbbells were purchased for the gym. A weights bench was also purchased enabling a full range of upper body exercises to be completed.

The Management are

also liasing with North Lanarkshire Council

with regard to upgrading of the changing facilities.

Members are encouraged to continue to utilise this facility or contact a member of staff with any query they may have. Alternatively, email:

kevin.watson@scottish-rowing.org.uk

Rowing Ergometer Challenge

Several gym members to be included in have taken part in our the club rankings. ergo challenge on the Concept 2 indoor rower. Any member David Landon and looking for some Graham Goodbrand technical and/or have headed the men's training advice on rankings, with Mary the indoor rower McDermott and Theresa is welcome to Fullerton producing attend the weekly respectable times in the ergometer classes. women's event. Classes cost £2 Members are reminded for 45 minutes. that times must be Check the club authorised by a notice board for member of staff in order details.

Exercise Classes

The full range of exercise classes that was on offer in the gym will be restarted as soon as the membership is sufficient enough to support such classes. The rowing ergometer classes will continue to run if well supported.

Member's Notice Boards

The Boathouse Fitness Club has a member's notice board situated on the left hand wall of the gym entrance foyer. This board is updated weekly with any events that will be taking place within the gym.

A list of any exercise classes that will be running, along with sign up sheets, are also posted on this board. Members are encouraged to check the board regularly to prevent missing out on any forthcoming events.

A Fitness Advice Notice Board will also be developed over the next few weeks. This will provide members with a reliable exercise resource.

The main focus of this fitness board will be on health related fitness although there will also be information for members who wish to develop more specific aspects of fitness.

To advertise in this space please contact Kevin Watson on 01698 250 250 or email kevin.watson@scottish-rowing.org.uk

Holistic & Massage Therapies

The Boathouse Fitness Club offers the following holistic and massage therapies, performed by our qualified therapist Christine Scott:

- Indian Head Massage
- Reiki
- Swedish Massage
- Aromatherapy Massage
- Reflexology

Therapies typically last one hour

which includes an initial consultation with the client. The Swedish and aromatherapy massage therapies can also be booked for 30 minutes.

Any member wishing to book a session can do so by contacting the gym reception or a member of the fitness team .

Alternatively, call us on our usual

"Christmas Gift Vouchers Available for all Holistic and Massage Therapies"

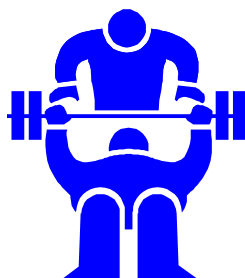
number 01698 250 250.

Personal Training Services

Motivation to train during the winter months is something most gym users struggle with. Our personal training service can help motivate you to continue using the gym by using goal setting techniques that set out specific targets to be achieved. This gives gym users a focus with which to direct their training towards, boosting motivation to continue exercising over the Christmas period.

please contact a member of the fitness team who will be happy to discuss the options with you.

Also on offer in the Boathouse Fitness Club are dietary advice and body fat analysis services.



These services are run by a qualified Sport and Exercise Scientist. For information on either of these services please contact Kevin Watson or any other members of the fitness team for more details.



If you would like to use this service

Gym Membership Continues to Rise

Since the opening of the gym on the 7th June the membership has risen at a fantastic rate. The gym now boasts approximately 500 members exceeding expectations. It is anticipated that the membership will be closed at approximately 700-800 members and a waiting list introduced. This capping of the membership will prevent the gym from becoming overcrowded at peak times and allow members to have access to all gym equipment no matter what time of day

"Refer a friend & receive a months free membership"

they choose to do their workout.

Existing gym members are reminded of the "refer a friend scheme" operating within the gym. This scheme is designed to boost membership numbers by

existing members referring the gym to a friend, colleague or relative. If the referred "friend" signs up and pays their membership fee upfront, the existing member will receive a months free membership at the end of their own contract as a thank you for introducing the new member.

Any existing member who wishes to use the scheme should contact a member of the fitness team for a refer a friend card.

Training Advice Feature

For an increase in general health related fitness, members should be looking to follow the following general guidelines:

60-90% of age predicted maximum heart rate

60% and work up as their fitness improves

Cardiovascular Fitness

- 20-60 minutes of continuous activity that is rhythmical & aerobic in nature
- Frequency of exercise should be 3-5 days per week
- Exercise intensity should be

Age Predicted Maximum Heart Rate

- This can be calculated by subtracting your age from 220 (male) or 226 (female)
- Multiply the answer by the percentage you want to work at (see above)
- Beginners should start at

Muscular Fitness & Endurance

- 1 set of 8-12 repetitions of 8-10 exercises
- Exercises should use the major muscle groups
- Frequency of exercise should be at least 2 days per week

Newsletter Competition

The Boathouse Fitness Club Members Newsletter is a quarterly publication that aims to keep members informed on the latest developments within the club and the fitness industry. As the newsletter is aimed solely at our current members we would like the newsletter name to reflect this group.

"Win a months free membership in our name the newsletter competition"

proposed newsletter title. The best entry will be selected by the fitness team and the winner will receive a months free membership to the club at the end of their current contract.

Please see the Boathouse Fitness Club notice board for a suggestions card. The card should be marked "Newsletter Title Competition" and posted in the box beneath the notice board.

Existing members are invited to post their suggestions in the suggestions box detailing their

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Supported by



Background to The Boathouse Fitness Club

The Boathouse Fitness Club was not part of the original plans for the National Rowing Academy building that it is now such a large part of. The £1.5 million National Rowing Academy is owned and run by the Scottish Amateur Rowing Association and was constructed to provide a base for a group of Rowing Academy Athletes that strive to gain selection to the Great Britain Rowing Team, under the tutelage of John McArthur, Scotland's National (High Performance) Coach. The National Rowing Academy is also the base for Callum MacDonald, the Scottish Amateur Rowing Association's Rowing Development Officer. Callum's remit is to develop the participation side of the sport by promoting rowing in schools, universities and local clubs.

The Boathouse Fitness Club was therefore set up as a commercial venture to fund the National Rowing Academy. This puts the gym in a unique position. Due to the amateur status of the Rowing Association, any surplus the gym makes is put directly back into improving the facilities on offer to the member's, developing the National Rowing Academy as a World Class Rowing Facility and developing the sport of rowing within the local community and Scotland.



Christmas Opening Hours



Christmas Eve 7am-5pm

Christmas Day & Boxing Day
Closed

Friday 27th-Mon 30th Dec
As usual

Hogmanay 7am-5pm

New Years Day and 2nd Jan
Closed

Friday 3rd Jan onwards
Usual opening hours



Standard Opening Hours



Monday - Friday
7am-10pm

Saturday
8am-7pm

Sunday
8am-10pm

Last entry 30 minutes
before closing