

HELLO AGAIN FROM MANDARIN LEISURE

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'20'

MANDARIN FITNESS, PROVIDING PERSONAL TRAINING SINCE 1991

SPECIAL POINTS OF INTEREST:

- NEWS
- NEW FORMAT FOR THE TUESDAY CIRCUIT CLASS - IT'S NOW THE 'GYMSTICK PERSONAL TRAINING CLASS'
- NEW NORDIC WALKING CLASSES
- CHARITY EVENTS

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2011 - It's not just another year! On 14 February this year **MANDARIN FITNESS** celebrated 20 years in business. I have no idea where all that time has gone to but I do know that I have enjoyed every minute of it. I started in 1989 providing Adult Education classes at Saxilby and Christ's Hospital Schools while studying for my qualifications and working in the World Gym. My first class as a fully qualified instructor was on Saturday morning at the Birchwood leisure Centre. My first clients were Richard Armstrong and Terry Tyler. I must be doing something right because Richard is still coming to my classes and the rumor is, he is still enjoying them! Richard and many others of you will have seen some changes over the years. You may recall that I had a different name when I started out (the business that is, not 'me'). I started out as **QRS FITNESS** but soon realized that as a dyslexic with a stammer that was not an easy name to say when answering the telephone! As a result, **MANDARIN FITNESS** was born. Following shortly after was **MANDARIN THERAPIES** which provides complementary therapies. Later saw the 'birth' of **MANDARIN MOTHERS**, providing Antenatal/Postnatal massage, care and tuition, and finally **MANDARIN NORDIC WALKING**. Phew - I thought saying **QRS FITNESS** was a problem on the phone! Clearly I couldn't answer the phone quoting 'that lot' so **MANDARIN LEISURE** was created as an all encompassing business name.

I wonder how many of you can remember my old logo? Can you remember why I chose **QRS**?

How many of you remember **FREESTYLE FITNESS**? It still makes a return visit from time to time and I have no doubt that it will see another return in the future. Do any of you remember me doing 14 classes a week? Three of them were 'back to back' at the South Hykeham Village Hall on Thursday evenings.

I can go on and on recounting my memories but the truth is, I wouldn't have those memories if it wasn't for **YOU**. So, *please accept my sincere thanks* to you all for allowing me into your lives and for making my business what it is today. It really has been my pleasure and privilege. Thank you.

OTHER BITS OF NEWS.....MEMBERSHIPS & TWITTER

Oh Nooooo..... It's that time of year again. Memberships are due on 1 March. The membership fee will remain the same as last year. Your annual payment of £35.00 will entitle you to at least 10% discount for Personal Training and Complementary Therapies. If you book a course of training or therapies you will of course be entitled to even more discount when you pay by standing order. The class fees will remain the same at £5.00 for non members and £3.50 for members—I'm sure you will agree that this is still a bargain when you consider some other classes in Lincoln are as much as £7.00 a session!

Are any of you interested in Twitter? I have just managed to get myself an account so if anyone would like to follow my 'tweets' you can find me on: [@MANDARINLEISURE](https://twitter.com/MANDARINLEISURE)

GYMSTICK PERSONAL TRAINING CLASS

The new format has really been popular at the Bailgate Methodist Church on Tuesday evenings. I appreciate that some of you found it difficult to start with but have found it much more manageable as the weeks have progressed. So far I have been concentrating on some of the major muscles (chest, upper back, shoulders and legs) but you will see some more exercises creeping into the workout soon. If you have any requests please don't hesitate to ask. If I can add it into the routine you can rest assured that I will.

Be sure to tell your friends about this class and lets see if we can introduce some more members.





NORDIC WALKING CLASSES

The Nordic Walking classes have now started. So far there is a class every Saturday morning at Willingham Woods (meeting at the picnic area). We start at 10.30 am and finish 'some time after' - the theory is that the class is one hour. However, we have differing levels of fitness in the class so we finish the first part of the session at 11.30 am. We usually then have a more 'energetic' session straight after for those who want to have a bigger workout.

Unfortunately it has rained every Saturday since we started the course so I haven't introduced the full 'Gymstick' programme yet. Perhaps a separate class will be introduced specifically for those who want to have a bigger workout and introduce some upper body exercises. It won't be to the same intensity as the Tuesday Gymstick class but it will be enough to tax the muscles a little more.

The first class was held on a *very* wet Saturday morning and I was both surprised and extremely impressed to find 4 ladies waiting patiently with wellies on and hoods up. FANTASTIC!

Tuesdays and Thursdays have seen new Nordic Walking classes at Waddington, meeting at 1.00 pm at the Horse & Jockey pub.

The sessions here have been divided into slower and faster walkers. The faster session being on Thursdays while the Tuesday session is being highlighted as the 'recovering injured' and slightly slower walkers. So far the system is working well. When I say 'system' it gives the impression that I had meant it to work this way. The truth is, it has just evolved that way and it seems to be working well!

A new class starting at Whisby Nature Park at 10.30 am will be held every Tuesday. We will meet at the visitors centre but don't forget to bring an extra pound for the car park. There is a nice café there which makes it the ideal venue for a drink and perhaps lunch after the session.

I am considering more new classes, possibly Thursday mornings at NK sports centre.

A Gymstick Nordic Walking class will be starting in April on Wednesday mornings at 6.30 am. Yes, that's right, *6.30 am!* It's going to be a BIG workout.

Wednesday evenings will see the introduction of a 'club' night. We will be meeting at various locations each Wednesday of the month. I also hope to have some longer walks on club nights with the occasional Sunday walk too.



MANDARIN

FITNESS New

and planned

Nordic Walking

classes

CHARITY EVENTS

Perhaps this title may be a little misleading. In the past I have given vouchers away for Personal Training and Complementary Therapies for charity raffles and prize draws. However, I have sponsored the nct Midwife of the Year for the last two years where I have donated several thousand pounds worth of prizes for the winning Midwife and runners up. These Midwives will have been nominated by their grateful clients for providing services that are seen to be 'over and above' their normal expected level of care. I would like to carry this theme on so if you know of a charity or charitable organization who would like to organise a special prize giving ceremony for an outstanding team member who gives without thought of payment or a special reward then please contact me to see if we can provide a special 'Thank You'



Your business information or items for sale could be on this page. You could even send in some ideas for new classes or ventures. I could post your ideas here and see what happens.



Personal Training with a Gymstick is always challenging but never dull.





MANDARIN LEISURE

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FEEL THE DIFFERENCE



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This could be your details, web address, logo, contact Telephone numbers.

What are you waiting for?

MANDARIN MOTHERS



MANDARIN MOTHERS provides Antenatal and Postnatal massage and care.

The treatments are all provided from the comfort of your own home with the first appointment time starting at 06.30 am and the last appointment should end by 11.00 pm. Phew, what a day!! It's all at your convenience though.

Don't forget to pass the message on. Both MANDARIN MOTHERS and MANDARIN THERAPIES provide massage and care from the comfort of your own home. MANDARIN MOTHERS even provides tuition for partners to ensure that the mother receives the best possible care throughout the antenatal period and during the birth.

For details visit the website: www.mandarinleisure.com or email:

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Relax and enjoy.