

Christmas Opening Hours

Christmas Eve Weds 24th Dec

Lifelines 6am-5pm

Balcony 9:30am - 5pm
Food service 12-3pm only
All other facilities 9am-5pm

Christmas Day

Club closed

Boxing Day

Club closed

Sunday 27th Dec

Lifelines 9am-4pm

Balcony 10:30am - 8pm
Food service 12-6pm only
All other facilities 9am-8:15pm

Monday 28th Dec

Lifelines 9am-4pm

Balcony 10:30am - 8pm
Food service 12-3pm only
All other facilities 9am-8:15pm

Tuesday 29th Dec

Lifelines 8am-8pm

Balcony and all other facilities
normal opening hours

Weds 30th Dec

Lifelines 8am-8pm

Balcony and all other facilities
normal opening hours

New Years Eve

Lifelines 8am-3pm

Balcony Bar closed
All other facilities 9am-3pm

New Years Day

Club Closed

Normal opening hours
from Sat 2nd Jan 10 onwards



A Christmas Message

Weathering the storm....

Like most small businesses our club has not been immune to the impact of the recession.

People's spending habits have changed significantly over the last 12 months and this has especially affected our restaurant, conference and gym activities. We have found that companies have had little or no budgets for training/conferences and have viewed these activities as expendable. It also seems that customers have reduced the number of times they eat out as well as watching how much they spend.

However on a positive note I am glad to report that we are starting to see the elusive 'green shoots' of recovery beginning to emerge, particularly in our Conference and Banqueting facility, which is enjoying a boost in bookings for 2010. Gym membership has also shown an increase in sales since September, which places Lifelines in strong position to start the New Year.

In general terms sport and leisure activities such as football, hockey, squash, badminton etc have all been running successfully with continued high levels of occupancy. A particularly good example of this success is tennis which is having its best year since we opened. Great efforts have been made by the recreation staff, coaches, members and parents to support a whole host of initiatives which have encouraged people to participate in the sport at every level.

Speculation has increased over the last few months with the uncertainty surrounding Vauxhall Motors. The most frequent question from customers has been, 'how will Vauxhall's situation affect the club?' The simple answer is that it won't because we are a 'stand alone' business and since last year now own our land and buildings.

Despite the rumours and speculation, we continue to have a positive outlook and investing heavily in maintaining and upgrading our facilities. The Riverside function hall, bar, reception areas and toilets were all refurbished and can now

arguably be classed as one of the best function and banqueting venues in the area. Additionally the following sports facilities received an upgrade including; new artificial surfaces for all of our Prozone football pitches, new outdoor tennis surface, re glazed sports hall floor and outdoor tennis shelter refurbishment.

Providing top quality facilities and excellent customer service at affordable prices still remains our ultimate goal and from the feedback we received from our mystery shopper programme, I am delighted to inform you that we have hit our target of 81% this year.

Thank you for your support and custom this year and hopefully we can all look forward to a more positive 2010.

Wishing you and your families a very Happy Christmas.

Jon Reep -
General
Manager



weather update

Should we experience severe snow conditions as we did last winter then please visit our website home page

www.vauxrec.co.uk for regularly updates on the opening status of the club. Last winter we had no alternative but to keep the club closed on a few days and some of our external facilities were unfortunately closed for longer. Updating our website is the most effective and easiest way of informing you all of what is going on. If you do not have internet access then call us on tel: 01582 748221 and listen to our answer machine update.

New Years Eve



Are you looking for a night out on New Years Eve? There are still a few places a few left for our New Years Eve party in the Riverside suite. **Featuring DJ Babs from Heart FM!**

But hurry....tickets are going fast! To secure your place at this great night of entertainments with a gourmet buffet and disco all for the great price of £24 per person call 01582 748225



What's On

News & Activities

The Riverside
the perfect venue
www.theriverside.info

Abba Night a Fantastic Success

Following the high standards attained by our Robbie Williams and Queen nights, our Abba/Bee Gees tribute night continued our series of hugely successful tribute acts.

The show put on by Abba Fever, Bee Gees and the support DJ Murray Mint was fantastic. DJ Murray Mint got the party started with his mix of 60's and 70's pop music and his energetic dancers. Within minutes the audience started filling the dance floor. Many commented throughout the night that DJ Murray Mint could have been a show all on his own he was that good.

The next hour saw the Bee Gees tribute act take to the stage. The tribute act sounded just like the real thing and performed classics from the pop trio's back catalogue. By the end of the first act the night was in full swing with everyone dancing and singing along. Even the staff that had finished work for the night came in and were enjoying the music and boogie-ing next to the stage, with a few questionable dance moves being demonstrated by our recreation assistant Ben and our general manager Jon leading the way on the dance floor. The bar staff working on the evening didn't fail to get in the mood dressing up in some brilliant 70's outfits (see picture below of Isabella, Anthony and Ivona).



Abba Fever did not disappoint, the act played a brilliant set consisting of people's favourite Abba Tunes. The dancing continued right to the end of the night with DJ Murray Mint finishing what had been a marvellous night of entertainment with a limbo competition.

All the members and staff who attended said they had thoroughly enjoyed the evening and would definitely come to another tribute night. Our Kylie Minogue and George Michael Christmas events have already sold out and plans are in the pipeline for booking next year's acts.



**Coming March 2010
..... Take That 2!**

We are pleased to announce that on 26th March 2010 we will be hosting Take That 2, a four-piece tribute to Gary, Jason, Marc and Howard. Also back by popular demand and supporting the tribute, will be the sensational DJ Murray Mint and his dancers returning with his spectacular Popolicious show.

Tickets Hotline:
01582 748225




Live Action in the Balcony Bar



Football

Kick off

Sat 19th Dec	Premiership	Portsmouth v Liverpool	12:45pm
Sun 20th Dec	Premiership	West Ham v Chelsea	4:00pm
Sun 27th Dec	Premiership	Arsenal v Aston Villa	1:30pm
Mon 28th Dec	Premiership	Tottenham v West Ham	12:45pm
Tues 29th Dec	Premiership	Aston Villa v Liverpool	7:45pm
Weds 30th Dec	Premiership	Portsmouth v Arsenal	7:45pm
Sun 3rd Jan	SPL	Celtic v Rangers	12:30pm
Sat 9th Jan	Premiership	Hull v Chelsea	12:45pm
Sat 9th Jan	Premiership	Birmingham v Man Utd	5:30pm
Mon 11th Jan	Premiership	Man City v Blackburn	8:00pm

Rugby Union

Sat 19th Dec	Heineken Cup	Leicester v Clermont	6:00pm
Sun 27th Dec	Guinness Premiership	Harlequins v Wasps	4:15pm

Please note that all fixtures and times may change

Santa Claus is Coming to Town!

On Sunday 20th December Father Christmas will be popping into the Balcony Café Bar from 12-4pm. Santa will be assisted by two friendly elves handing out fun packs for all the children and there will also be free face painting available.



As well as treats for the children we will be giving free mince pies for all who purchase something over the bar. We will also have our usual roast dinners on offer alongside our extensive Balcony Menu.

**Children's Christmas Activities
Kid's Club Mini's Christmas Party!**

Monday 21st December 10am-2pm 3-7 years
 Play fun games ... make your own xmas card ... Father Christmas may make an appearance too! Please bring a packed lunch.
 Members £12.00 / Non-members £14.50
 * children of 5-7 years can join Sportsmania at 2pm until 3pm (£3/£3.50)

Sportsmania Fun Day! **Monday 21st & Weds 23rd Dec**
 10am-3pm 6-14 years Join in the fun with the all time favourites including dodgeball, Danish longball, kwik cricket and relays
 Members £12.50 / Non-members £15.00

Mini Movers! **Tuesday 22nd Dec** 10-11am or 11-12pm 3-8 years
 Becky's back with dances and games to all your favourite High School Musical tunes! Members £4 / Non-members £4.70 / Book both sessions for £7!

Tennis Fun Day! **Tuesday 22nd Dec** 10am-3pm 7-14 years
 A selection of your favourite tennis games including beat the coach!
 Members £12.50 / Non-members £15.00

Learn to Ride Christmas Special!

Wednesday 23rd December Beginners 10am-12noon Improvers 1-3pm
 4-9 years Bring your bikes and learn how to ride safely and play fun games
 Members £8.00 / Non-members £9.40

Extra Time - Available for 7-14 year olds. £6 per day or £3 morning session (8:30-10am) and £4 evening session (3-5:30pm)



Lifelines News & Information



Lifelines Price Freeze - for the second year running!

In light of the current economic climate, we are delighted to announce that Lifelines is doing its bit to keep membership at affordable prices. Our value for money is second to none and to ensure it stays that way, for the second consecutive year we will be freezing our prices for gym membership. This means that looking after your health and fitness can still stay top of your priority list.

A Lifelines Membership is not just for Christmas!

Have you run out of ideas for Christmas presents?

Why not buy your loved one a Lifelines membership this Christmas which they can use in the New Year? We have membership gifts for every budget, from one month to a full year's membership of Lifelines.

Your gift means the lucky recipient will have full use of our fitness suite, equipped with state of the art Technogym machines complete with integrated TV screens, full use of our Health Suite facility and our exercise class timetable (all classes must be booked in advance).



To purchase your gift vouchers, pop into the gym and speak to any member of the Lifelines Team.

Member of the Month - Barry Driscoll

Barry has been a member with Lifelines for over a year and when asked why he likes it so much he said 'The staff are friendly, the gym is great value for money and the competitions keep me motivated'.

Barry is amazingly fit for a 64 year old and used to play football and squash before his knee replacement. Barry has always been fit and can do everything but run, he usually trains 4-5 times a week.

At Lifelines we love Barry because he is so enthusiastic about the gym and he always takes part in challenges, we are also impressed by how fit he is for his age. Well done, Barry Keep up the good work!



The Benefits of Toning Exercises



Magazines and other fitness sources tout the benefits of body conditioning for your figure. According to the headlines, you can shrink your body in a short amount of time, lose the excess weight you have, and create a new figure. But are these promises to good to be true? The good news is that body toning can do all this and more.

The first reason that people turn to body conditioning for is the physical benefits. When you perform body conditioning exercises, you can increase your muscle tone, which looks attractive. When used in conjunction with an aerobic fitness plan, you will see results more quickly as you will be burning more calories. Body conditioning workouts cannot, however, take the place of a good diet or regular activity. It takes a comprehensive approach to your health in order to see the full physical benefits.

The reason why body conditioning can help you slim down is its ability to increase your metabolism. When you add muscle to your body, you add more calorie burning power. While this sounds like an excuse to eat whatever you wish this is not the case. You will be able to eat more, but if you are looking to lose weight, you will still need to create a calorie deficit for each day - meaning you have to burn off more than you eat. Over time with body conditioning workouts, you will find it easier to maintain your weight loss, but when you're just beginning to slim down, you need to remember that your diet does matter, even if your metabolism is speeding up.

What magazines do not tell you about your body conditioning is that you're also strengthening your bones as you gain muscle. As women age, their bones can become weaker. To help bolster their bones, resistance training like body conditioning is recommended to increase bone density and strength. Men can reap some of these benefits, though they are not necessarily predisposed to bone loss as women are. Other health benefits include increased energy, increased resistance to disease, and lowered risk of injury during activity.

For more information on how to get a conditioning program, come and see any lifelines instructor and they will book you in, however if you prefer a class format we run Legs, Bums and Tums classes x4 times a week, check out the website for more information. www.vauxclub.co.uk

Muscle of the Month Triceps

The primary function of the Tricep muscle is to extend the elbow (which means to straighten the arm). The secondary function of the Tricep is to bring the arm down towards the body (which means to adduct the arm). The triceps can be worked through:

- Isolation exercises = one movement to work the muscle (eg: cable push-downs, "skull-crushers", French press, and arm extensions behind the back)
- Compound exercises = lots of muscles are involved to perform the exercise (eg: pressing movements like the push up, bench press (flat, incline or decline), military press and dips)
- Static exercises = little movement at the joint during the exercise (eg: pullovers, straight-arm pulldowns, and bent-over lateral raises)

The bicep muscle is often worked more for looks rather than functionality and triceps tend to be forgotten, this is a mistake for fitness training as it is important to maintain a balance between the biceps and triceps to help maintain good posture, help you achieve effective movements and increase flexibility.

French Press

Sit comfortably, on the central part of a Swiss Ball or flat bench, with your feet securely on the floor, back straight. If you use an upright bench, make sure you have a full range of movement behind you, prior to performing the French press, otherwise the bench and dumbbell will collide.



Always start with a lightweight, to make sure that you can lift the weight in a safe and controlled manner using good technique. Using a heavier weight too soon, can risk injury. Commence the movement with the weight lowered behind your back, focusing on keeping your elbows tucked in close to your sides, elbows pointing upwards. Smoothly straighten your arms, lifting the weights directly above your head, keeping your elbows close to your head throughout the movement.



Close Grip Curl

Sit comfortably with a straight back, ideally with a back support bench, with suitably weighted barbell overhead, hands placed centrally 6 - 8 inches apart to help isolate the tricep muscles. If unsure about what weight to use, always start light and adjust slowly but positively, using a weight that is too heavy will cause you difficulty in performing this exercise correctly.

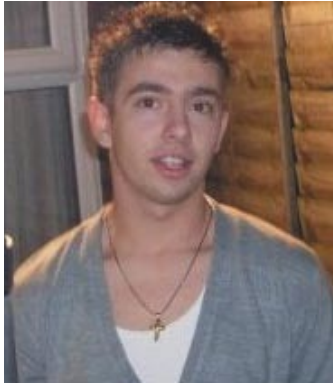


Smoothly lower the barbell behind your head, whilst avoiding any movement from your upper arms, or arching of the spine, aiming to keep your elbows pointed upwards. Lower the barbell ideally to a position whereby your forearms touch your biceps, however work within your own limits, never lower past a point whereby you can't return the weight back up. Can also be performed with a medium grip, however this will take the emphasis away from the tricep muscle. Beginners should lower the bar no lower than a 90 degree bend in their arms.



Meet the Team

Anthony Northwood



Anthony has worked at VRC for nearly 8 years. He started out as a glass collector and now works as bar staff part time in the

evenings, he has even been known to do a few Reccie shifts! By day Anthony is a fully qualified plumber. His ultimate dream would be to live and work in New York. Maybe it is his Italian side drawing him towards all those amazing pizzeria's and restaurants.

Favourite place?

My favourite place is my bed...and after that it would be New York. I love the lifestyle and there is always something to see or do.

Interests/Hobbies

I play football whenever I get a chance. I never get bored of playing my Xbox 360. I also love a good night out with my mates.

Favourite Film?

My favourite film of all time would have to be Remember the Titans followed very closely by The Notebook and the last Batman film, The Dark Knight.

Favourite Music?

I don't really have a favourite type of music as I have an eclectic taste. I listen to anything and everything. If I had to choose at the moment though I would say anything by Pendulum.

Good things about VRC

The staff are great and I have made a lot of friends working here. The customers are always a pleasure to serve....I can't really say anymore as I love this place so much.

All time hero?

My Grandad would easily be my all time hero. He has always done everything he can for me and sticks by me no matter what. Without him I would not be who I am today.

what 3 words would your friends use to describe you?

Really Hot Stuff

If re-incarnated, who would you be?

I would come back as a lion because they always stick together and there's not many things that can mess with a lion.

Get a taste for our Coaching & Coffee Mornings

We have started a Tennis coaching and coffee morning on Friday mornings. The session will run from 9:30am - 11am, initially for 3 weeks, but please contact Catherine Webb on 01582 748236 or c.webb@vauxclub.co.uk if you would be interested in attending the sessions in the new year.

The sessions are aimed at players of a Rusty Racquets/Improver level. Led by our Head Coach, Danny Pymont, the hour and a half session will include coaching on basic techniques and tactics in a friendly match play environment.

All those that participate will receive a voucher to enjoy a free coffee or tea and a muffin in the Balcony Café Bar after the session.

These sessions have previously been extremely popular and for the 3 week trial period there are limited places available so book quickly to avoid disappointment. The cost is £25.50 for 3 weeks.



To book please see reception or call 01582 418873.

Ever thought of playing Rugby?

Vauxhall Motors Rugby Club are looking to recruit players of all standards.

Play Hard and Work Hard on and off the pitch!

- Beginners or experienced players welcome
- Men's, Women's and Veteran's Teams
- Suitable for all ages and levels of fitness



If you are interested in joining the team please contact Reception for details.



VRC raises money for Children in Need

VRC recently ran a prize draw to raise money for Children in Need. The prize was for a pair of tickets to attend the regions Children in Need event at Millbrook Proving Ground. Many people gave generously and we raised £100 for the charity which contributed to over £2000 raised by Vauxhall overall.

The lucky winners were picked at random by of our mini tennis players Thomas and Daniel Short.

The tickets were won by Ivona Zuravska, who works in the Balcony Café Bar and Mr Hill.

Ivona reported back that the night was very enjoyable with displays of cars past and present from the Vauxhall manufacturers and car 'ballet'.

Thank you to all those who contributed to this worthwhile cause.



Important Information

On the 1st of January 2010 there will be a small increase on prices in some areas of our sports facilities.

These increases are essential for us to cover the increased running costs of the building and so we can maintain our facilities to the highest standards. These are our first increases on most facilities since January 2008.

We are sure that you will still find that our prices are extremely competitive.

We would like to thank all our customers for their support over 2009 and look forward to meeting your sporting and leisure needs in 2010.