



Healthy Vibes

See this feature at www.shstar.co.uk

MAKE 2007 YOUR YEAR TO HAVE FUN AND GET FIT!

A new year and a new me

PHOTOS of Lucy's holiday to Barcelona were her turning point. She said: "I knew I was overweight but those photos meant I couldn't deny how unhappy I was with my appearance."

Full of nerves, she joined her local Slimming

World group in Fleet, but on arriving immediately felt at ease.

Lucy lost a fabulous eight stone in one year and felt the Food Optimising plan was so easy. Lucy says: "I can't believe that this plan is so easy and flexible, it fits

into anybody's life. I lost weight without being hungry, filling up on the unlimited free food.

"I have learned a new healthy way of eating that I can maintain for life. My favourite is chicken and bacon skewers with delicious potato wedges."

Lucy's success has brought her family and friends to group too.

Lucy now enjoys free membership because she's at target, still enjoying all the benefits of her group that she did as a paying member.

For details about the two groups running in Fleet on Monday and Thursday please call Donna 01252 650934.



● Lucy before and after.



Janette Du-Fray dance academy

BALLET, modern and tap classes are held for adults and children weekly in the Camberley, Cove and Frimley areas by the Janette Du-Fray Academy.

Their charity show, introducing new dances, will be choreographed during the new year.

Babies are accepted from two years of age, with their mother or father in attendance.

R.A.D training will continue, and a special 'pointe' class is held on Tuesday evenings at St Francis Church Hall, Upper Chobham Road.

Adult tap classes are held on Thursdays for all levels.

A prospectus and trial lessons are available, but advanced booking is essential. The school will be re-opening on Monday, January 8, but, for further enquires, please contact 01276 23798.

Get in trim with Salsa

NEW Year is a great time trim-up and start something new.

Salsa is great fun, very social and dancers can expect to burn 800 calories an hour. How many more reasons do you need!

Don't worry if you think you've got two left feet, join the experienced Salsa Esperienza team and give it a try.

Your first lesson is free with a cutting of the accompanying advert. Classes are held at Beepy's club at Lakeside, Frimley Green, every Monday with top salsa teachers and performers Renato De Fazio and Richard Marcel.

A fun warm up and classes for all levels start at 8.30pm, with a free dancing session from 9.30pm to 11pm. Beginners are welcome, with or without a partner.

Classes are held on a pay-as-you-go basis and salsa parties are held every three months. There is no need to book - just turn up on the night.

Contact Renato on 07961 174149, email Renato@salsaesperienza.com or see www.salsaesperienza.com



Gym & Tonic fitness club - your local option in Fleet

SINCE last Christmas, the Gym & Tonic team has worked hard refurbishing the premises in Fleet and to give their members not only better value for money but also added facilities that you do not necessarily find at other Fitness Clubs.

Gym & Tonic now offer a fully equipped gym, a Nail Bar, Beauty Treatments and a Spray Tanning facilities.

The fully equipped gym provides a friendly and relaxed training environment for everyone. The fully qualified staff offer you motivation and encouragement to achieve your goals, regardless whether you are new to regular exercise

or have been training for years.

If you are looking to achieve body toning, weight loss or improved general fitness, Gym & Tonic's experienced staff will tailor an exercise programme to suit you.

Cardiovascular, fixed resistance and free weight equipment are available to all and with changing room and shower facilities on site, combined with long opening hours and free parking at the door, this gym is able to accommodate everyone's needs!

Twenty minutes three times a week can make a difference to your health and Gym & Tonic strive to give advice on lifestyle and healthy eating, not just providing you with a fitness plan for working out.

If you feel you could benefit from regular exercise or lifestyle advice as well as treating yourself to some pampering, why not have a look a Gym & Tonic's fantastic new Daytime Membership offer. Options is an exclusive Daytime Gym Membership for a reduced monthly fee of £25. This not only offers the use of the gym and facilities, but in addition, each month an Options member is given a unique £10 Options voucher. This can be redeemed against Gym and Tonic treatments.

For further details please pop in to 221 Aldershot Road, Fleet or call 01252 811557.

Fed up with never achieving your new year fitness resolutions?

LET us tell you about Marion. Marion, 47, joined her local kinetika gym with the main aim of losing weight. To date, her total weight loss is an impressive 5st5lb.

When Marion joined the gym, she was introduced to the kinetika journey programme, which was the basis of her new healthier lifestyle. Her five free sessions were extremely rewarding.

The fitness manager explains: "During your five free personal training sessions I will use all my skills and knowledge to set you goals, and then work with you to achieve these goals. I will make it fun and interesting and will keep you motivated and focused on your end result."

To help you achieve your New Year fitness resolutions Arena Leisure Centre and Farnborough Leisure Centre have a special offer for you, which is exclusively available during January. This amazing offer of 12 months for the price of 10 will ensure that you will be so committed to getting fit in 2007 that you will



not have the same Resolution next New Year. Plus, every new member will receive five free personal training sessions.

Marion continues to achieve great results; her confidence has grown so much that she entered herself into the 5km 'Race for Life' this summer - something she would never have even contemplated 10 months ago!

Why not let kinetika help you achieve your goals. There is no excuse to hang around on the sofa waiting for something to happen. Contact them now:

Arena Leisure Centre, Grand Avenue, Camberley call 01276 417111.
Farnborough Leisure Centre, Westmead, Farnborough call 01252 370411.

Have Fun Getting Fit!

Salsa

Classes Mondays 8.30pm at THE LAKESIDE FRIMLEY GREEN



FIRST CLASS FREE WITH THIS ADVERT*

Call 07961 174149 for more information

Visit www.salsaesperienza.com

No Need To Book, Just Turn Up

*APPLYS TO ONE PERSON ONLY

Discover The Latin Fever!

JANETTE DU-FRAY ACADEMY
Ballet and Tap Classes
R.A.D. Registered
"CHILDREN & ADULTS"
Babies from 2 years, Regular exams, Medal, Tests, Shows
St Francis Church Hall, Upper Chobham Road
St Johns Hall (off Fleet Rd) - Cove
Prior Heath Infant School - Camberley
Enq: 01276 23798

Mum's slimming
at Slimming World we're full of surprises
FOR INFORMATION PLEASE CALL DONNA: 01252 650934

MONDAYS 7PM
All Saints Church Hall
Church Road, Fleet

THURSDAYS 7PM
Fleet Town Football Club
Crookham Road, Fleet

Slimming WORLD
discover the amazing you

NEW!
LADIES ONLY HOUR 09.00-10.00 MONS AND WEDS

Gym & Tonic FITNESS CLUB
refresh your health

- friendly and relaxed environment
- personal training available
- competitive prices to suit you
- students and over-60's welcome
- spray tan and sunbed facilities
- bio sculpture nail bar
- 10% discount on joint memberships

find YOUR inner ZEST

221 ALDERSHOT RD
CHURCH CROOKHAM
FLEET HANTS GU52 8EJ

Want to find out more?
Call us NOW for a chat!
01252 811552

until January 31 2007
introduction only £15 with this ad
(normally £25) prices may vary
a new year...a new you!

SPECIAL OFFER

MON/WED	10.00-11.30
(Ladies' Hour)	09.00-10.00
TUE/THU	09.00-11.30
FRIDAYS	09.00-10.00
SAT/SUN	10.00-14.00

2 months FREE gym membership**
Lose weight, save money and feel great!
RESULTS GUARANTEED OR YOUR MONEY BACK*
Join your kinetika gym today

*Terms and conditions apply **When paying in advance for 1 year

Farnborough Leisure Centre
Westmead, Farnborough, Hampshire, GU14 7LD
01252 370411
enquires@farnboroughleisurecentre.co.uk

Arena Leisure Centre
Grand Avenue, Camberley, Surrey GU15 3QH
01276 417111
enquires@arenaleisurecentre.co.uk

Aldershot Pools
Guildford Road, Aldershot, Hampshire, GU12 4BP
01252 323482
enquires@aldershotpoolscomplex.co.uk

RUSHMOOR BOROUGH COUNCIL
Operated by D C Leisure Management on behalf of Rushmoor Borough Council

SURREY HEALTH BOROUGH COUNCIL
Operated by D C Leisure Management Ltd on behalf of Surrey Health Borough Council