



News

Dear All,

After the boilers giving up on us at the end of June we were able to secure funding to have them replaced and back up and running for September. Our contractors worked tirelessly over the summer to ensure this would happen. However, as with all works there has been consequential issues that have arisen and so the works are ongoing over the October half term. Unfortunately this means that the pool will be closed to members for the week. We thank you, in advance, for your patience and would like to assure you that we are trying to carry out all the works with the minimum inconvenience to all.

We are, then, set to go back out and bid, once again, for the remaining parts of the sports block to be refurbished. A bit like my goal in the gym to achieve the level of fitness and flexibility I would like; bidding for a refurbished sports block is a long process requiring patience, hard work, determination and accepting small wins when they happen. It helps to keep the motivation going.

Dorothy Company
School Business Manager

Duty Manager

Just over eight weeks until Christmas - who's excited?

Why not join Highdown Sport and Leisure and burn a few extra calories before the Christmas holidays. HSL have bought new equipment for the gym such as kettlebells, slam balls and TRXs. Members, feel free to grab one of the HSL team to show you how to use the new kit and how you can incorporate it into your fitness regime.

This month some of the Highdown teachers took part in the Henley 10k. Well done to them for all completing the 10k. They have managed to raise £500 so far for the charity Tour Aid. If you would like to support the team to raise more. Please follow this link to donate <https://www.justgiving.com/fundraising/highdown-touraid10k>

Henley Standard, Friday, October 18, 2019 www.henleystandard.co.uk Editorial: (01491) 419444 Adv: 419444

HENLEY HALF MARATHON AND 10km RESULTS

1910312

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Membership

- £18.50 a month
- Only £5 joining fee
- Rolling contract no tie
- Very friendly quiet gym
- Free induction
- Free four week basic plan
- New equipment
- Quiet Pool
- Personal training for fitness goals

Holiday Opening Hours

Monday 28 October - Sunday 3 November

Fitness suite

Monday 08:00 - 21:45

Tuesday 08:00 -21:45

Wednesday 08:00 -21:45

Thursday 08:00 -21:45

Friday 08:00 -20:45

Saturday 08:00 -18:00

Sunday 08:00 -18:00

Swimming times

No swimming due to maintenance

Phone: 0118 901 5812

Email: dutymanager@highdown.reading.sch.uk

Address: Surley Row, Emmer Green, Reading, RG4 8LR

[Twitter.com/@highdownsports](https://twitter.com/@highdownsports)

Exercise of the month



Instructions for Kettlebell Swing

Start with the kettlebell on the floor slightly in front of you and between your feet, which should be shoulder-width apart. Bending slightly at the knees but hinging mainly at the hips, grasp the kettlebell and pull it back between your legs to create momentum. Drive your hips forwards and straighten your back to send the kettlebell up to shoulder height. Let the bell return back between your legs and repeat the move.

Benefits

Kettlebell swings help you build your physical endurance, increased muscle strength, cardiovascular training, and increased lung efficiency.



Highdown Sports & Leisure Classes timetable



EVERYONE WELCOME...

Pay just £5 for a HS&L class and enjoy the workout!

You don't need to be a HS&L member to join the class.

External booking prices may vary.

Please call to book
0118 9015812

Day	Time	Class	Venue	Instructor
Mondays	16:45-17:45	Boxercise	Barn	HSL Staff
	19:15-20:15	Circuits	Sports Hall	Amanda Stevens External Booking
Tuesdays	18:30-19:30	Legs Bums Tums	Barn	HSL Staff
	19:30-20:30	Yoga	Barn	HSL Staff
Wednesdays	18:00-19:00	Tang Sou Dao (First class free)	Sports hall	Nazim Gokcezade External Booking
	18:15-19:15	Bodyblitz	Barn	HSL staff
	19:15-20:00	Drum n Bass Fitness	Barn	Darren Roberts External Booking
Thursdays	18:45-19:45	Yoga	Barn	HSL
	20:00-21:00	Kickboxing	Barn	Robby Elson External booking
Friday	15:30-16:30	Boot Camp	Sports Hall	HSL staff
	18:00-19:00	Tango Sou Dao	Sports hall	Nazim Gokcezade External booking
Saturday	10:00-11:00	Yoga	Barn	Kate Cullum

CLASS DESCRIPTIONS

Bodyblitz/Bootcamp HSL staff

Bodyblitz is a full body workout working everything from your muscles, your cardiovascular system, power, strength and endurance.

Boxercise HSL staff

Boxercise is an exercise class based on the training concepts boxers use to keep fit.

Classes can take a variety of formats but a typical one may involve shadow-boxing, skipping, hitting pads, kicking punch bags, press-ups, shuttle-runs and sit-ups. Most classes are aimed at men and women of all ages and fitness standards.

It is a fun, challenging and safe workout.

Circuits Amanda Stevens

In a circuits class, the studio is set up with various exercise stations, you'll move around each station and workout different muscle groups.

You'll work hard and test both your cardio and strength for an all-round challenge.

Kickboxing Robby Elson

Martial arts style cardio workout to help you develop a strong mind and body connection. Learn proper technique for punches and kicks while ramping up your fitness level to increase cardiovascular endurance, muscular strength, core integration and flexibility.

Legs Bums &Tums HSL staff

A class focusing on the lower half of the body and abs. Toning the thighs and hamstrings and glutes muscles also working your cardiovascular systems, so you're burning lots of calories in this class.

Tang Sou Dao Nazim Gokcezade

A martial arts class teaching self defence, effective blocks, strikes, advanced kicking foot work evasion and physical fitness.

Yoga katecullumyoga.com

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing.