



KEEP
CALM
AND
RENEW YOUR
MEMBERSHIP

Jaguar Cars Sports and Social Club Newsletter

ISSUE 14

JANUARY 2017

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NEW YEAR... NEW YOU!

Feeling like you've eaten too much over Christmas? Clothes a little bit tighter than they were last month? Why not start a fresh this January and use our facilities.



Never used a gym before? Our staff can talk you through each equipment and explain how to get started. If you are looking for a more detailed fitness plan then talk to our personal trainer down the leisure centre.



If you're looking to lose weight or just to gain muscle we have all the equipment here to help you do so. With cardiovascular machines to help improve fitness and weight/resistance machines to improve strength.

If you are not interested in the gym then another great way to get fit is by using our swimming pool.



Do not wait around or tell yourself you will join tomorrow or next week. Be positive and join today, for a healthier you in both body and mind.

Do something today that your future self will thank you for.

Remember you're only one workout away from a good mood.

So why not come down and become a member of the facilities TODAY! We look forward to seeing you soon.



DANCE STUDIO CLASSES

Set up your own new class with us today!

Hire: £12 an hour

Contemporary Dance - Monday (6-7pm)
Zumba - Monday (7.30-8.30pm) and Wednesday (7-8pm)
Tae Kwon-Do - Tuesday (Juniors 6-7pm and Adults 7-8pm)
Kelly Kamp - Wednesday (6-7pm) and Friday (6-7pm)
Naturally Yoga - Thursday (7-8pm)
Tai Chi - Thursday (8-9pm)
Balance Yoga - Saturday (10-11am)

Monthly Pass

Unlimited use of
the gym, pool and
healthsuite facilities

£25



Upcoming events...

6 Nations Rugby



Join us to watch England, France, Ireland, Italy, Scotland and Wales as they compete to be the 6 Nations Champions of 2017. Food and drink available and great prices with a relaxed and friendly environment where better to watch the games?

February Half Term Crash Course



We will be running both beginners and improvers crash courses.

Dates: Monday 20th - Friday 24th 2017

A great way for your child to improve water confidence and their stroke technique.

£16 for all members!



February half term will see us run our 2nd RLSS Lifeguard Course run by our leisure centre manager Richard Howe.

This course is currently fully booked but to book on future courses which will run during the summer holidays email Richard@jaguarclub.co.uk.



ELITE SPORTS
FEBRUARY HALF TERM
ACTIVITY CAMPS

JAGUAR SPORTS & SOCIAL CLUB COVENTRY, CV5 9PS

FEBRUARY 20TH - 24TH 2017

8.30AM - 4.00PM £14.00 PER DAY
9.30AM - 3.00PM £11.00 PER DAY

5 - 12 YEAR OLDS

BOOK ONLINE NOW USING OUR UNIQUE QR CODE BELOW OR VISIT
WWW.ELITESPORTSUK.COM

CREDIT & DEBIT CARDS ACCEPTED

ELITE SPORTS DEVELOPMENT COMPANY

What you missed in December...

Family Night

Family night again was a great success with the kids all loving the chance to meet Santa and win prizes. There was lots of fancy dress and Christmas jumpers which added to the festive atmosphere.



Christmas Day Opening

Another very successful Christmas day opening in the social club. Great to see you all celebrating Christmas having a drink with family and friends. We hope you all had a great Christmas see you all again and hopefully some new faces next year.



Inspirational

Quote:

*“Don’t limit
your
challenges...”*

Elite Christmas Activity Camp

Another popular and enjoyable camp for all different aged children to enjoy. Elites next camp is during February half term. To book on visit their website.



New Year's Eve Party

The new years eve party was amazing with lots of people in both rooms. Everyone loved the music and it was a great way to see the new year in with a bang. Thank you to everyone who gave us such good feedback on our facebook page. Hope everyone has a good year!



*Challenge
your limits!’*