



Fitness Hub Newsletter

Update from Fitness Hub Team

As announced in our recent email, we are pleased that following our meeting with ILTSC management, the u3a reduced-price, off-peak membership will move from a pilot to a permanent arrangement from 1st April. As with the pilot, u3a members can sign up for a 6-month commitment and pay by monthly direct debit or pay in full for 6 months.

If you wish to renew after six months, this will just carry on as a 6-month rolling contract, you do not need to do anything, and another 6-month agreement will be actioned. If towards the end of each 6-month period you wish to terminate your agreement, then you will need to give 1 full month's notice i.e. at the end of month 4. We are also pleased to announce that the monthly price will only increase by a modest 5% to £31.50 in line with inflation and with other ILTSC memberships.

As many of you will have heard, there are exciting plans to upgrade the fitness facilities at ILTSC with new fitness equipment and the creation of a mezzanine floor over the old squash court. This will offer a dual purpose for exercise equipment or for use as extra studio space. Work on this project has now commenced and squash court 1 will be used for storage of equipment. While this is ongoing our Yoga class will be held on squash court 2.



The membership of the Fitness Hub has continued to grow, and we are delighted that as of 8th February we have 145 members, who make use of the gym and/or join classes during off-peak hours. We have dedicated u3a classes in Move Freely, Pilates, Yoga and Spin, all with first class instructors.

We have negotiated a second popular Move Freely session with Ele on Fridays from 3-4 pm (from 1st March), in addition to the Tuesday session. This is basically a form of circuit training, moving through a series of 12-14 'stations' or exercises all very much at your own pace. It accommodates members in good fitness (who work harder) alongside a more gentle approach for the less fit. This is a class to suit everybody – whatever your starting level of fitness. Ele is amusing and

encouraging, inspiring up to 20 members per session. No need to book, just drop in to one of these two sessions, and have fun!

Our Silver Spin class with Gareth on Fridays is great fun for those who enjoy exercise on bikes. The bikes can be set to a level which suits your level of fitness, so is suitable for all. There are places available in this class and again, no need to pre book.

Our u3a Yoga class with Michelle is held on a squash court which works so well with exercises against the walls. Michelle has been amazing at teaching us as beginners and making sure that we learn the yoga positions correctly from the beginning. The squash court can only accommodate 18, so needs to be pre booked. There are at present two spaces available, so if you would like to join the class, please email nikkifalconer@btinternet.com.

Freya, who currently teaches all the Pilates classes has been wonderfully patient with us and has tailored her classes especially for u3a members. All three of her classes are well attended and obviously thoroughly enjoyed by all. They do not need to be pre booked. We regret to announce that Freya will be moving to Portugal in March. She will be sorely missed, and we wish her and her husband well.

We now have 7 dedicated u3a classes increased from 4 and listed below:

- Move Freely Tuesday 1pm.
- Pilates Tuesday 2pm.
- Yoga Wednesday 12.15pm.
- Pilates Thursday 1pm.
- Pilates Thursday 2pm.
- Silver Spin Friday 1pm.
- Move Freely Friday 3pm (from 1st March)



We had hoped to commence Tai Chi classes but unfortunately due to difficulties in finding a Tai Chi instructor and as Tai Chi is not currently offered at ILTSC we are unable to offer Tai Chi at the Tennis Club. There is however a u3a Tai Chi group which meets in the park, details of which may be found on the u3a website.

Fitness Hub members may continue to join other non u3a classes during the off-peak hours but these need to be pre booked, as before using the app or booking with reception.

The Lexus Ilkley Trophy Tennis Tournament, 'The Wimbledon of the North' will be held from 15th-22nd June 2024, see: [Ilkley Trophy – Ilkley Lawn Tennis & Squash Club \(iltsc.co.uk\)](http://iltsc.co.uk). This is one of the highlights of the summer grass court season with the opportunity to watch world-class tennis played at ILTSC. Tickets will be available from March 2024. 'The Members Monday' Package for hospitality on Monday 17th June will have 30% discount for u3a members, as members of the club. This discount is also being expanded to all u3a members.

We will be holding a social event for Fitness Hub members to celebrate the success of the Fitness Hub and mark the start of the permanent arrangement with ILTSC. This social event will be held on Friday 12th April, from 6pm-8pm, in the Serve Café at the club. Details to follow but please 'save the date' and we hope to see as many of you as possible.

Nikki Falconer
Fitness Hub Coordinator