

DRUMSHEUGH BATHS CLUB

MARCH NEWSLETTER | VERSION 8

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Joe Penman

Duty Manager Joe has recently passed his self-funded level 3 personal training qualification and is now qualified to carry out personal training for members.

Services available are 1:1 personal training, diet and nutrition advice and analysis, small group sessions, and gym induction/ gym familiarisation sessions.

If you would like to get in touch with Joe for a session or more information, please contact staff@drumsheughbaths.com

Members' Lounge Etiquette

In accordance with the Code of Conduct set out below, members are not permitted to take or receive phone calls in the members' lounge. If necessary, members may take calls in the closed balcony however, we would ask that in order not to disturb members' enjoyment of the Club, using mobile phones for calls anywhere within the Club should be limited.

From the Code of Conduct

Members wishing to use mobile phones, laptops, tablets etc while in the Club can do so, provided they show consideration to other members. Loud conversations should be avoided, and headset devices or in-ear headphones used where appropriate. Out of consideration to other users, music is restricted to personal headphone use only. In exceptional circumstances, such as group work where music is desirable, permission may be sought from the General Manager.

Additional Classes - Weekends

We are pleased to announce that, following feedback from members, we will soon be trialling 2 additional classes to add to the Studio timetable at weekends. The classes will initially be run on a 6-week trial basis as follows;

Pilates with Rachael Chambers | Saturdays from 10.45-11.45. Starting on 6th of April.

Pilates builds overall body strength and tone with a focus on core stability. During this mat-based class, you will also increase body awareness and mobility while relaxing and energising your mind. Suitable for all fitness levels. It is the perfect workout for your entire body, places no pressure on joints, is adaptable to many fitness levels and needs, develops core strength, improves posture, and promotes weight loss

Circuits with Joe Penman | Saturdays from 12.00-12.45. Starting on 30th of March.

Circuit training is a combination of six or more exercises performed with short rest periods between them for either a set number of repetitions or a prescribed amount of time. It is an excellent way to improve cardiovascular fitness and muscular strength endurance.

Classes can be booked in the usual way, from the members' area of the website.

Replacement Membership Cards or Locker Keys

Due to the increase in the number of members losing their membership cards and locker keys, we will now charge £5.00 for a replacement entry card and £10.00 for a replacement locker key.

Building Project Update

Building work is progressing well, the rear elevation pointing is complete and the rear elevation above the roof has been cut out and pointing has started. The scaffold on the steps will be removed by Monday the 6th of April and the work is currently a couple of days ahead of schedule.

Social Committee Update

Talking Heads Spring Series 2

Swimming: Some thoughts, ideas, and a very brief overview of some theories and practices by Charlie Raeburn | Wednesday 27 March at 6:30pm in the Members' Lounge

Charlie is the Founder and Trustee of an independent and evidence-based think tank on community sport, The Observatory for Sport in Scotland (OSS).

Now retired, Charlie was a PE teacher, a PE adviser, a Sport and Recreation Manager, a Chair of the Local Authorities PE Network, Chair of the Scottish Schools Sport Federation, a member of the Scottish Executive PE Review, a member of the Scottish Parliament Cross Party Group on Sport and a member of the International School Sport Federation.

Book Club

The book club is now well and truly up and running, and is onto its 4th novel - The Outrun by Amy Liptrot. Some members may remember that there is a link with Drumsheugh - as the book has been made into a film, with Siorsa Ronan - due for release later this year, and Drumsheugh was used as a location for one scene back in the summer of 2022.

So far meetings have involved between 9 and 16 members. The group divides into two when there are larger numbers. The discussion starts at 6.30, and lasts for no more than an hour and a half. Some members bring their own drink and/or snacks, but this isn't a big feature of meetings, so there is no need to worry about catering for the whole group!

There have been very interesting discussions on the three books read so far.

The group is open to all - provided they have read the book. The next meeting will be on 10 April. Anyone interested please contact dochertycaroline@gmail.com who administers the book club WhatsApp group.

Marc Malone Baby Bloomers

Instructor Marc will be running a Wellness Retreat from April 17th to 19th, 2024 in the breathtaking countryside, where relaxation meets rejuvenation. It's not just any retreat; it's a celebration of life, a toast to well-being, and a treasure trove of memories waiting to be made.

What's in Store?

- Scenic Hikes & Fun Fitness: Explore the great outdoors and rediscover the joy of movement.
- Mind and Body Treatments: Pamper yourself because you deserve it.
- Nutrition & Style Transformations: Refresh both your palate and wardrobe with expert tips.
- Mind, Body, Spirit Workshops: Dive deep into wellness with our holistic approach.

The Joy of Togetherness: Share laughs, stories, and experiences with like-minded peers.

Where? Nestled in the serene landscape of Morebattle, the retreat is at The Templehall Hotel promises comfort, style, and endless opportunities for exploration and relaxation.

After the success of this retreat in 2023, 8 spaces have already been booked. Two remain, so wave goodbye to hesitation and hello to your next great adventure. Contact Marc today at marc@insideout-pt.co.uk for more info or to secure your spot in this life-enhancing retreat!

Kind Regards
Paul Dunlop
General Manager