

DRUMSHEUGH BATHS CLUB

NOVEMBER NEWSLETTER | VERSION 14

In this Issue

Dates for your Diary
Personal Training at Drumsheugh Baths
Updated Booking Policy
Social Groups

Dates for your Diary
Wednesday 27th Nov | 18.30-20.00

Talking Heads Series 3 - Consequences, from adventurer to hacker in a few dubious decisions

by Jeremy Webb

Wednesday 4th December | 18.30

AGM

Saturday 14th December

Staff Christmas Night Out - the Club will close at 5pm to allow all staff to attend

Personal Training at Drumsheugh Baths - staying fit before Christmas

Staying active before the holiday season has many advantages, especially when routines can become disrupted by social events, family gatherings, and holiday travel. Here are some reasons to keep your fitness up:

- **Manage Holiday Stress:** Exercise reduces stress by releasing endorphins and improving sleep quality, which can be helpful during the busy holiday period.
- **Prevent Weight Gain:** Pre-holiday fitness helps to balance the extra calories from festive treats, so any indulgences have less impact on your overall health and body composition.
- **Maintain Strength and Energy:** Regular exercise keeps muscles strong and energy levels high, which is useful during the holidays when you might be more active than usual or doing winter sports.
- **Boost Immune System:** Staying active helps to keep the immune system robust, which is valuable during the colder months when people are more prone to illness.

Get a Head Start on New Year's Goals: Starting a routine before the holidays gives you a head start on fitness goals for the New Year, making it easier to transition into a consistent routine come January.

We have 2 qualified personal trainers at the Club who can help you reach your fitness goals and stay fit before Christmas arrives. For more information they can be contacted on:

Joe Penman - staff@drumsheughbaths.com

Pascal Sime - pascalsime@hotmail.co.uk

Updated Class Booking Policy

Following feedback from class users, we have updated our class booking system. This revised policy will run on a trial basis until the end of January. We will continue to monitor the booking and cancellation habits of members, as well as class attendance numbers. The main amendment aims to make allowances for class cancellations due to illness, unforeseen circumstances, or accidental bookings and is as follows:

5. Fitness Class Booking Policy

5.1 Overview

Due to the limited space in the Club building, the number of fitness classes available is restricted. The contents of this clause 5 are designed to help make access to classes as fair as possible for everyone who wants to participate. They aim to address late cancellations, missed classes, frequent cancellations, and back-to-back bookings. The Club appreciates members' understanding as it works to make class availability fair for everyone.

5.2 Booking Classes

Members who wish to attend a class need to book in advance, either through the online booking system (accessible in the members' area of the Club website) or by calling the Club and speaking with a staff member.

Class bookings open 7 days in advance at 6 am, and members can book available spots right up until the class starts if space permits.

5.3 Booking with Confidence

Members are encouraged to book classes only when they feel reasonably confident they can attend. If a change in plans due to a serious unforeseen circumstance, or illness, prevents attendance, members should cancel the booking as early as possible through the booking system or by calling the Club.

While it is understood that cancellations are sometimes unavoidable, a 7-day pause on a member's ability to book classes may be applied if that member's cancellations become frequent (see clause 5.5 below). This policy helps ensure that all members have fair access to classes. If a member needs to cancel a class booking due to illness or another serious unforeseen circumstance or they have booked a class in error and soon after cancelled that booking, they are encouraged to inform the Club of the reason for their cancellation as soon as possible, either by email to the General Manager or by calling directly.

In these cases, the Club will do its best to ensure that the cancellation does not impact the member's ability to book future classes.

5.4 Missed Classes

If a member misses two booked classes within a 30-day period (either by not attending or cancelling within four hours of the class), a brief pause on that member's ability to book classes may be applied for 7 days. Again, this policy helps ensure that as many members as possible can access available classes.

5.5 Frequent Cancellations

To help keep classes open to all interested members, a 7-day pause on the ability to book classes may also be applied to a member who cancels four or more times within a 30-day period

5.6 Back-to-Back Classes

To allow the maximum number of members possible to attend their preferred classes, advance booking for consecutive (back-to-back) classes of the same type isn't permitted. However, if there's an open spot, members are welcome to join the second class at its start time. If a back-to-back booking is made in advance, the second booking will be counted as a cancellation for the purposes of the policy in this clause 5.

Social Groups

Book Group

A reminder that the next meeting of the Book Group is on 27 November at 6.30. The book for discussion this time is *Olive Again* by Elizabeth Strout, and the book for our January meeting (date to be agreed) will be *The Bookseller of Inverness* by SG Maclean. Anyone who is interested in joining, please contact dochertycaroline@gmail.com

Mahjong

There is now a small group set up to play Mahjong at the Club, with sessions being organised using WhatsApp. Monday evenings at 7.30 have emerged as the preferred time, and the group play in the closed balcony. Anyone wishing to observe the game is welcome. If you are interested in joining please send a message to Rosanna on 07867596071.

Kind Regards
Paul Dunlop
General Manager