MEMBER NEWSLETTER

Autumn 2026

THE GYM AT HALTON

WELCOME TO THE GYM AT HALTON

A Unique Gym Experience

Manager's Welcome

As we head into autumn, I wanted to take a moment to thank you for being part of The Gym at Halton. We are always looking for ways to improve what we offer and make the gym better for our members, whether that's through bigger improvements like our new air conditioning or smaller additions like the new air bike.

We also want to hear from you. If you have feedback, suggestions, or simply fancy a chat about the gym, I'd love to buy you a coffee and have a proper chat. If you'd like to arrange a time, just let me know, and we'll find a time that works.

Thanks for being part of our community, and I hope you enjoy this edition of the newsletter.

OPEN EVERY DAY	5am - 10pm	Cardio, resistance, free weights, two outdoor training zones and first class amenities.

Changes in the Gym

Facilities Update

We've officially upgraded our climate control! Brand-new commercial air conditioning is now installed across the gym floor to keep sessions cool, fresh, and comfortable, even during peak hours.

New Arrival

The Rogue Echo Bike has officially landed. Built like a tank and powered entirely by wind resistance, it's ready for your next sprint interval or warm-up. Give it a test on your next session!

Meet Our Trainers

CLASSES AVAILABLE

MONDAY

Bootcamp

Jason Healeas
6:30pm - 7:30pm
07970 647707

TUESDAY

Boxfit

Nathan Morrison
7:45pm - 8:25pm
07364 149462

SATURDAY

Yoga

Laura Diane
3:30pm - 4:30pm
07904 529523

Please book places in advance directly with the instructor.

Gym Community Page

COMING SOON: GYM HONOURS BOARD

We are proud to announce that a dedicated honours board is currently being created to permanently celebrate the achievements and milestones of our athletes and members. Stay tuned for the unveiling!

KATIE MALLIFF

Professional squash / World No. 20

EMMA WOOD

Downhill mountain bike / National level

HANNAH SCREEN

Professional golf / Ladies European Tour

COMMUNITY CHALLENGE

Push, Pull, Run

The September Gym Challenge; 'Push, Pull, Run' saw Jeff Harris as the overall winner, scoring maximum points and winning a Free month membership. Lynn Petersen has won Free month memberships for coming 1st in their age bracket. Jason Lai, Carl Hursthouse and Jackie Ware won 50% month membership for coming 2nd in their groups. Congratulations to the winners and well done to everyone who took part! The December Gym Challenge will take place during Advent. Details will be provided closer to the start.

CELEBRATE YOUR WINS

If you have achieved something you are proud of, please let us know and we can help celebrate it with the wider gym community. It's amazing how celebrating someone's success can inspire others.

Short on Time? Make Every Minute Count

You don't need an hour in the gym to get results. Focus on what matters, cut the fluff, and make every minute count.

01 Keep Warm-Ups Short
3–5 minutes of light cardio plus 1–2 specific ramp-up sets is plenty.

02 Prioritise Intensity
Train close to failure; 1–2 challenging working sets beat multiple half-hearted ones.

03 Use Smart Supersets
Pair non-competing movements (e.g. upper/lower or push/pull) to cut rest time without losing power.

04 Choose Compound Lifts
Multi-joint exercises (squats, presses, pulldowns) hit more muscle in half the time.

05 Watch Set-Up Time
Prefer machines, cables, or dumbbells over complex barbell/rack setups when time is tight.

06 Do Less, Better
4–6 well-chosen exercises executed with purpose will always outperform 8+ sloppy ones.

Full-Body Express

TRY IT YOURSELF: The 30-Minute Full-Body Workout

6 exercises, 3 supersets, 8 total working sets. Designed to hit every major muscle group in 30 minutes flat.

Workout Plan

Warm Up: 3–5 Mins SkiErg, rower, cross trainer, or air bike to raise body temperature.

Superset A (Lower / Upper Back):

- *Leg Press + Supinated-Grip Pulldown*
- 1 ramp-up set → 2 working sets x 6–10 reps (1–2 reps in reserve)

Superset B (Posterior Chain / Chest):

- *Hamstring Curl + Chest Press*
- 1 warm-up set →2 working sets x 8–12 reps (1–2 reps in reserve)

Superset C (Shoulders / Core):

- *Cable Lateral Raise + Cable Ab Crunch*
- 2 working sets x 10–15 reps (0–1 reps in reserve)

THE TAKEAWAY:
Next time you're short on time, don't think *"I can't fit a workout in today."* Ask yourself: *"What is the most productive workout I can do with the 25–30 minutes I have?*

Make More Of Halton

Stay. Refuel. Recover.

Enjoy barista coffee, nutritious snacks and post-workout fuel at the clubhouse café. It's the perfect place to catch up, work remotely, or unwind after your session.

Your gym membership can be the starting point for more activity, recovery and connection.

01 CARDIO TENNIS

High-energy fitness on court to music. Included as part of your gym membership.
Limited spaces available.

02 TENNIS & PICKLEBALL

Outdoor pickleball courts free to book for members, indoor court hire, plus coaching open to all.

03 INDOOR GOLF SIMULATOR

Coming soon! Sign up early to secure exclusive member rates as the simulator takes shape.

04 CLUB EVENTS & WORKSHOPS

Look out for upcoming seasonal events, including our popular Christmas Wreath Making Workshops (details at reception).

HALTON PHYSIOTHERAPY & PRIVATE GP

James Williams | Specialist Hand, Wrist & Elbow Physiotherapist

We are delighted to welcome James, who brings over 20 years of NHS and private sector experience working alongside leading upper-limb surgeons

Hand & wrist injuries, tendon/nerve issues (Carpal Tunnel, De Quervain's), arthritis, post-operative rehab, and splinting.

Availability: Saturdays.

Booking: james@halton-physiotherapy.co.uk

Kim Eastwood | Resident Sports Massage Therapist (30 Years' Exp.)

Sports massage therapy works intensively to address minor overuse issues before they become chronic problems and accelerate muscle recovery between sessions.

Deep tissue recovery, scar tissue & adhesion breakdown, injury prevention, and mobility support

Availability: Flexible appointments available.

Booking: kim@halton-physiotherapy.co.uk

GP appointments, medicals and health tests are available at Halton Physiotherapy Clinic every Wednesday afternoon

PRIVATE GP | WEDNESDAY

Partner With Us

ADVERTISING OPPORTUNITIES

Reach hundreds of local members, athletes and visitors every week by promoting your business across the Halton grounds.

- **Digital Displays:** Feature on high-rotation screens in the Clubhouse café and Gym floor.
- **Court Banners:** High-visibility perimeter banners on our outdoor and indoor tennis courts.
- **Bespoke Packages:** Event sponsorship and tailored member offers.

Vehicle Access Reminder

The traffic flow through our car parks works well with the one-way system making sure no congestion occurs. However, Chestnut End, which is the short section between Chestnut Avenue and the automatic entrance barrier, is a 2-way stretch of road. Our neighbours use this section of road to enter and exit their properties, so please be aware and prepared for oncoming traffic.

"Community sports facilities are more than places to exercise, they are vital social hubs for participation, inclusivity and long-term health of our local community."

SPORT ENGLAND