

**CLUB  
OPENING HOURS**

Mon – Fri 6am-10pm  
Saturday 8am – 8pm  
Sunday 8am – 8pm

**MEMBER OF  
THE MONTH!!**

Alice Sykes. This month's member of the month goes to the petite and extremely cute blonde (check out picture on website) Ms Alice Sykes. Alice had an horrific accident last September when a speedboat went in reverse chopping out around 1 ½ inches of her femur (main leg bone). After 7 months of hospitalization and physiotherapy Alice was told that her leg may have to come off. Alice is now confidently squatting on the Swiss Ball unassisted with a medicine ball. Alice recently got the go ahead to leave her crutch at home, well done Alice No one deserves it more.

**MASSAGE**

Pasquale Pappalardo has joined the CK team.

Pasquale is available for Holistic (Swedish) Massage & Indian Head Massage Mondays & Tuesdays throughout December...book now at reception

**PHYSIOTHERAPY**

New Physiotherapist Nada Matthews has also come on board this month. Nada has 9 years experience, specialising in biomechanics & postural analysis. Nada will be available Mon-Thurs, and is offering all CK members a free 15 minute consultation. Please note she is registered with all major private medical insurance companies.

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Newsletter Date  
**DECEMBER 2003**

**The spirit of ADVENT-ure**

Dear Members

Endeavoring, as always, to put a less conventional slant on my input to CK, I felt strongly that I didn't want the December newsletter to be packed full of the usual pre-festive warnings of over-indulgence and the dire consequences that follow! In the same way that such mass seasonal hype is typical and widespread, why not use this time to carve out new ways of standing out from the crowd. These changes don't have to be overtly noticeable however. So often do I hear "I can't believe this time of year has come round again", as if the last twelve months have literally melted a path onto which the next calendar year begins. Whatever your religion or spiritual views, if any, we know that responsibility for creating our own path lies predominantly with our will, determination and ultimate belief in the end goal. Frequently, however, it is in the struggle to define the goals that most of our frustration lies.

To really know what you want to achieve, you have to know why you want to achieve it. In order to find clarity you need to embrace the lifelong relationship you have with yourself. And just as opening our hearts to friends and loved ones requires courage, so to must you be brave with yourself. However social and loved we may be, all of us ultimately and quite literally live in the ever-changing states of our own minds (and bodies!). We can't predict the behaviour of others but we can always be consistently giving to our relationship with ourselves.

So don't look back at the last 12 months and regret what may have passed you by. Take a long, hard look at your total state of health and wellbeing, listen to the truth that lies within and build a passage to fulfillment. In the true spirit of advent, make this the beginning of your own adventure. I suspect you may already have a lot of the answers, so just be brave with your questions! Wishing you all an inspirational festive season.

Dominique Lockhart  
CLUB MANAGER

**Keep it real**

Now for the serious stuff....simple & straight to the point:-

- Please make use of the locker facilities, **NO** bags & coats are to be taken into the gym/ studio or left behind reception.
- Padlocks can be purchased for £4 from reception.
- Check out the new heat wave cabin in the men's changing room. Its great!
- A reduced studio schedule will be operating throughout December for updated details please refer to the studio board.
- Be aware the club will close 2 hours early on Friday 5<sup>th</sup> December due to the staff Christmas party.
- Ensure you empty your locker before you leave the club (locks left on will be cut and belongings removed to lost property).
- **PLEASE** wipe your feet before entering the club, particularly if you have been running in the park (keep the doggy doodoo outside where it belongs!!).

**XMAS & NEW YEAR SCHEDULE**

<b>MON 22<sup>ND</sup></b> 6.00-22.00	10.00 14.00 18.30 19.30	TONE ZONE JIU-JITSU STEP BODY PUMP
<b>TUES 23<sup>RD</sup></b> 6.00-22.00	10.30 14.00 18.30	FUSION YOGA JIU-JITSU HIGH NRG AEROBICS
<b>WED 24<sup>TH</sup></b>	8.00-17.00	NO CLASSES
<b>THURS 25<sup>TH</sup></b>	CLOSED	NO CLASSES
<b>FRI 26<sup>TH</sup></b>	12.00-17.00	NO CLASSES
<b>SAT 27<sup>TH</sup></b> 8.00-20.00	10.30	STEP
<b>SUN 28<sup>TH</sup></b> 8.00-20.00	9.15 10.30	YOGA NEW BODY
<b>MON 29<sup>TH</sup></b> 8.00-20.00	10.15 18.30	HATHA YOGA BODY PUMP
<b>TUES 30<sup>TH</sup></b> 8.00-20.00	10.30 18.30	PILATES BOXERCISE
<b>WED 31<sup>ST</sup></b> 8.00-17.00	10.30 12.00	FUSION YOGA HI NRG AEROBICS
<b>THURS 1<sup>ST</sup></b>	12.00-17.00	NO CLASSES
<b>FRIDAY 2<sup>ND</sup></b> 8.00-20.00	10.30 18.30	PILATES TONE ZONE
<b>SAT 3<sup>RD</sup></b> 8.00-20.00	9.30 10.30	HATHA YOGA STEP
<b>SUN 4<sup>TH</sup></b> 8.00-20.00	9.15 10.30	YOGA NEW BODY

Let me start this month by wishing all members past and present a Blinding Christmas and Wicked New Year! Best wishes for travelling, catching up and good times with family and friends. For those of you that are single good luck at this years Christmas party with your boss, assistant, secretary, receptionist, janitor or in my case I'm hoping to snag Nuala (the foxy Irish cleaner) getting her loaded and laid at this years Christmas function, third times a charm, wish me luck! Make sure you all stay safe and come back ready to pump, step, bend, stretch, move, groove, rock and roll into an even healthier and more productive year!!!

For those of you that were here last year you may remember a tribute to all the parties involved in erecting or should I say resurrecting this once condemned \$%£hole into the inspiring, monumental, masterpiece that you push, pull and pump in week after week. Twelve successful months later the club is at full steam and even made its first pound profit this month. On a much sadder note CK loses its Sensei, Grand-Master, 6 time Black-belt holder, Arse-kicking, **Whatever** it takes to get the job done, Dogs body-sir Daniel Zola. Daniel officially leaves the club this month to dodge bullets and dive on grenades in the slightly warmer climate of the Middle-East (average day 45° plus wearing black suit). As I have been the face, personality and six-pack of the club, Daniel has been the Rock-Solid backbone of this establishment for the past four years turning it from a run-down, going bankrupt company to the lamp-bubbling, funky, most sort after club-dojogym in London.

Daniel has fought diligently month after month to make the club what it is today. During my time here I have personally learnt from Daniel a lot about business (what **not** to do), women (definitely what **not** to do) as well as life. We have had many a night drinking, snorting, shooting up and God only knows what else at pubs, clubs and strip joints throughout London. We have had our fair share of Pigs on the spit (also known as Bar-B-ques) with various receptionists and members, spent a few nights in jail and my personal favourite waking up chained to the beds of Caprice and Liz Hurley with some evil looking scratch marks, whew.....memories. In all seriousness a story that does stick in my mind is when I first started at the club. Working on the gym floor Daniel

was re-wiring the under water fountain, this was no easy task back in the dodgy, water leaking times. Daniel asked me to get into position to kick him away if he began to get electrocuted, luckily my boot was not required, but I kicked him anyway; at this point I thought to myself what an idiot....I mean hero, all this risk, I later found out his salary for the past 4 years, *rounding it up* came to -0.01 pence per hour. Wow, that's what I call "Doing it for the love". So Daniel this is my way of saying goodbye and thank you for everything; from bleeding my bank account dry to advice on women that often lead to a slap or drink in the face. Your size 2 shoes will be IMPOSSIBLE to fill, the team can only hope to keep up the unrelenting enthusiasm and hard work you've put in, your work ethic and professionalism is UNRIVALLED, I call myself **Super Tim**, but the truth of the matter is you are the unrecognised and often unappreciated Hero of this place. Stay sharp and remember those bullet-dodging Matrix moves I taught you. I love you (in a really tough guy way), and apprentice all you've done for me and my second home.

Wipe your tears, now for a question:

**Q.2 Tim, why is it that when I start a packet of biscuits or ice cream with the full intent to stop I or just have a little I ALWAYS finish the packet or tub?**

A.2 You must be a female... only kidding I have nothing but respect for the greater sex. Although females do intuitively tend to have sugar-fat cravings such as chocolate and ice cream, especially around the time of what I call-a visit from your "monthly friend". Men also have cravings, mainly for protein such as steak and eggs; rest assured there is an answer to this Can't-get-enough phenomenon. Now sit down and prepare to be SHOCKED! You exclusive selected club Kensington members are about to be let in on a scam that had branched out, completely clouded society and infected the Western world, and if anyone from a food processing company asks where you heard it just say.....Kim's Tips. Are you sitting down? Here goes; Food companies like to make billions and billions of pounds, to do this they cater to the needs of millions and millions of people. They do there research and discover that the majority of people like to *feel* something delicious melt in there mouth, they like a nice taste, texture and easy digestion sliding down into there welcoming

stomachs. What they don't care about is the after affect which can be ghastly gas escapes, dangerous digestive dysfunctions, an ever-growing obesity epidemic, increased cancer rates or a blood-sugar rush and crash, leading to more cravings of their irresistible product therefore more profit (sounding familiar yet?). But wait there's more. To seduce and fool society further they add literally hundreds of additives, flavourings, preservatives and all sorts of funky chemicals to give it that-**I must finish the packet addiction!**

There are 51 known substances to give the human gut a feeling of fullness, the well paid genetic-engineering genius's at Cadbury's and Oreo cookies remove the majority of these so you DON'T get satisfied and feel the *need* to finish the rest of the bar/packet, in fact McDonalds burger buns have so much fibre extracted from them that they are classed as a pastry and not a bread. Another factor I should mention is that one often feels the need for a sweet after a meal due to inadequate protein in the meal, in particular the purines, for example the purines of a chicken/turkey/duck/tuna is found in the *darker* part of meat such as the legs and wings NOT the low-fat, less-nutritious breasts, so if have a chocolate craving eat leg chicken leg first and then see how you feel. In conclusion I'm not saying to deny your taste buds of all pleasures, but just be aware that the commercial coffee, food and cigarette companies are paid millions of pounds **to keep you coming back for more.**

Now you know why once you pop you just can't stop. In case you didn't read through the lines choose RAW ingredients, REAL foods and where possible come and join me in the organic section. Organic chocolate for example has more cocoa, therefore satisfying your chocolate craving sooner, it has much less chemicals and has not been tampered with to have you craving more and more, it also taste chocolicious.

That's all I have time for this month, if you see Daniel (Guy that is built like a brick, runs around like a chook with a cut-off head half the day and talks on his mobile while doing weights) thank him or KICK him for making the club what it is today and wish him well.

Good luck at the Christmas Party.  
**Super Tim.**