



Newsletter - Issue 2
May 2006

Norgoff Synergy free at K A fitness

Members of KA fitness can enjoy free Norgoff Synergy classes, these will give you:

- A balanced strength throughout your body
- A toned stomach and a strong back
- Improved posture and flexibility
- Increased ability of muscle to work synergistically preventing long-term joint problems and postural imbalances.



Norgoff Synergy is a unique synergistic core-conditioning trademarked class. It is progressively challenging and structured into levels. Norgoff Synergy is performed in carefully constructed choreographed sequences to an upbeat tempo, utilising cutting edge uniquely distinctive exercise.

Norgoff Synergy encourages the body to work against its own resistance. The result is an amazingly fast and safe method to show definition to the central area muscles, and gives you great posture and levels of agility.



Norgoff Synergy classes are held on Tuesdays 17.45 – 18.30

The classes are proving a big hit so please call to book a place.

For more details about our great range of Classes, free crèche or great membership offers, with No Contract & No Joining Fee, please call Michelle on 01235 763333 or visit our website www.thewantagegym.co.uk.



K A fitness – helps Ellen achieve her marathon goal!



Many, Many Congratulations to Ellen Walker who completed The London Marathon in 7hrs 26min which is a fantastic achievement as she had been advised only a few days earlier to not run due to a foot injury.

Ellen joined KA Fitness in September last year having never used a gym before and never thought that only a few months later she would be running and completing the London Marathon.

Ellen was inspired by reading a story about a women who had completed the Marathon the previous year despite having prosthetic legs!! and thought "If she can do it then so can I."

Ellen secured a place running for the charity Progressive Supranuclear Palsy (PSP) and committed to raising £900 for her place. PSP is a disease that destroys the brain and has no cure. The late actor Dudley Moore was a sufferer and any person who watched his degeneration would realise what a devastating disease it is.

Ellen started her training and worked closely with Natalie her Personal Trainer. She could be seen throughout the winter steadily building up the miles on the treadmill and then when the evenings grew lighter she started to pound the roads.

Ellen's training was interrupted in February by the onset of a very bad chest infection which made her miss 2-3 weeks of training at this critical time. Having overcome this setback Ellen developed pain and swelling in her heel only a few days before the event and was advised to pull out. She ignored the advice to take her place on the starting line for The London Marathon on the morning of Sunday 23rd April 2006.

7 hrs 26 min later Ellen completed the race which due to the nature of her heel injury is a fantastic achievement.

Ellen says a big thank you to KA Fitness and the members who sponsored her.



Members can still sponsor Ellen post race, all you need to do is sign the sponsor form on her notice board at KA Fitness.