



Dear Members,

**Introducing The Northwood Club Newsletter.** We are delighted to have entered the New Year with you and would like to share the exciting changes that we have recently made to your club. We also have upcoming plans in efforts to upgrade your experience at the club which you will find here in this newsletter regarding investments into our facilities, services and the community.

## **What's New?**

### Completed Building Work and New Equipment:

- Both male and female showers have been fully refurbished.
- The stretch room has been repainted.
- The entrance ramp has had a new facelift.
- The tiles outside the Sauna and changing rooms are brand new. Members are advised to wear appropriate footwear such as flip flops.
- We have a brand new SkiErg in the functional gym area.
- Brand new yoga mats in the Wellness Studio.
- Brand new mats in the stretch room.
- New music sound system.

### Upcoming Building Works and New Equipment:

- Work has commenced in Squash Court One where we will have an additional non weights functional area. This area will house boxing bags, a prowler track, slam balls, wall balls, skipping and TRX to mention a few!
- The steam room will be fully refurbished in March. Further details to follow soon.
- An Assault Treadmill Runner will be coming soon.

### Studio Class Timetable:

We have tweaked a new and improved timetable. Your new timetable brings value, gaining you quality time, helping you reach your fitness goals and caters to the diversity of our members needs and requests. We have upgraded our timetable by taking on board your requests and feedback.

- **NEW:** Free Children's Class - a Bollywood inspired Dance Class on Friday afternoons at 4.30pm. The age group for this class is 5-9 years.
- **NEW:** Sunday morning Warm Yoga at 10:35am(8 Member places and 8 Payable places. Members pay £5.00 and NON members £10.00).
- **NEW:** LBT (Legs, Bums and Tums) Monday 6:30pm with Gilli.
- **NEW:** Darwin Warm Yoga Wednesday 8pm with Raha.

As part of our ongoing commitment to you we are always reviewing and adapting our timetable to suit your needs. If you have any suggestions as to this please email [info@darwinwellness.co.uk](mailto:info@darwinwellness.co.uk)

- **COMING SOON:** Reformer Pilates will be coming to the Club. Details coming soon!



Introducing Eleanor, our Studio Class Coordinator and Lead Senior Yoga Teacher. Eleanor is an advanced Yoga teacher, with over 25 years experience in Yoga, Mindfulness and Meditation. She teaches member classes on Monday, Tuesday, and Saturdays, along with a number of highly specialist private small group classes and 1:1 Yoga throughout the week (see timetable for more info) Want to know more...see full schedule [www.yogafloweleanor.co.uk](http://www.yogafloweleanor.co.uk) email [eleanor@darwinwellness.co.uk](mailto:eleanor@darwinwellness.co.uk)

## New Services and Retail:

### Memberships:

Thank you all for being extremely responsive in relation to the Refer a Friend promotion. Please keep your eyes peeled for our next upcoming promotions.

Please Note:

- We have a 16-18 years old membership which is at a discounted rate of £45.00 per month for Gym and Swim and £60.00 per month for the Full Membership. Please contact [Rebekah@darwinwellness.co.uk](mailto:Rebekah@darwinwellness.co.uk) for more information.
- We also have an under 16s Swimming only membership for £35.00 per month. Swim times are between 3.00-5.00pm Monday to Saturday and 5.00-6.30pm on Sundays.

### Venue Hire:

The lounge and studio are available for private hire, for parties, exhibitions, wedding receptions and conferences to members at a discounted rate. Please contact [shylen@darwinwellness.co.uk](mailto:shylen@darwinwellness.co.uk) for more information.

### Towel Hire:



The thought of lagging around a wet towel putting you off swimming? You can now rent a towel for £2.00 at reception or add towel hire to your membership for just £10.00 per month.

•Warm Yoga Towels are complimentary from reception for health and hygiene purposes.



New Unisex Darwin Wellness Hoodies.  
Order yours at reception for £25.00.

### Café:

Nourish By Nisha  
Open 7 Days a week!  
9AM-3PM

Our Celebrity Chef Nisha now has her very own Café, Nourish By Nisha at Darwin Wellness! After 17 years working in Investment Banking, Nisha went with her passion and applied for BBC'S MasterChef and came out as a Semi Finalist on MasterChef 2018!

**Have you tried Nisha's Signature dish yet?!**

To follow her story visit her  
Website: [www.nourishbynisha.co.uk](http://www.nourishbynisha.co.uk)  
Instagram: @NourishbyNisha and @Nishascookingagain



**NEW! Bombay Sandwich added to the menu. Come and have a taste!**



### The Northwood Club Salon.

Salon Owner: Dipti



As Seen In  
**TATLER**

Introducing Dipti who owns the Northwood Club Salon.

Dipti is a highly experience hairdresser and holistic therapist with 35 years of experience in the industry owning her own salons, working in Film, Television and Photo shoots. She is also a Senior Trainer for the worlds leading Personal Development Coach Tony Robbins and has been working in his organisation for 20 years Life Coaching and supporting at his live events worldwide.

### Heal For You

Owner: Adriana  
Contact Number:018950473359  
Instagram: @healforyou\_ins  
Website: [www.healforyou.co.uk](http://www.healforyou.co.uk)

Downstairs in our spa area, we have our lovely Adriana from Heal For You who offers an abundance of services such as Physical Therapies, Rehabilitation Therapies and many more! Feeling intrigued yet? Please check out her website or collect one of her leaflets from our spa area opposite the ladies changing rooms.



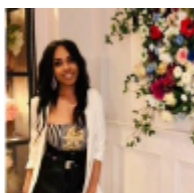
### Sunbeds.

**DID YOU KNOW... WE HAVE SUNBEDS?!**

Yes! A Standing Sunbed! It is £35.00 for a 60 minute course and each token is for a 5 minute session. Please go to reception to pay for your course first.

### New Darwin Wellness Faces:

- **Introducing Sarah**, Please come and say Hi to Sarah our lovely new receptionist who is always energetic and smiling you will see her from 7am on a Saturday morning. Her passion is dance and fitness. She will be able to assist you with class bookings and help you with any general enquiries you have.
- **Introducing Holly**, Our very caring Holly works at the café at Nourish By Nisha. She is very attentive, helpful and provides incredible customer service. If you would like any food recommendations and information, she is a great go to!
- **Introducing Gemma**, Our upbeat and outgoing staff member Gemma also works in the café at Nourish by Nisha. She is very friendly, caring and approachable. You will never feel lonely when Gemma is in the cafe. Come and say Hi!
- **Introducing Rebekah**, our Membership Consultant. She also runs our social media accounts . Rebekah recently did an outstanding job in arranging a quiz night in the club. This was very popular amongst the members. She is also creating gym floor member challenges. If you would like to refer your friends to join the gym please contact her via email on [rebekah@darwinwellness.co.uk](mailto:rebekah@darwinwellness.co.uk).



### Personal Trainers:

We also have a number of **new** Male and Female trainers who come with a wealth of Experience. **There will be a new photo board for the trainers posters which is situated on the gym floor. If you are feeling lost and need some guidance please see the reception team and they will happily arrange for a personal trainer to contact you to book in a free consultation.**

### Members Feature Section:

In this section, we support and sponsor existing members. If you would like to be placed in the feature section please contact Rebekah by email [Rebekah@darwinwellness.co.uk](mailto:Rebekah@darwinwellness.co.uk)

#### **Member Ian:**

Help Ian raise money for Charity! The box can be found at reception. Ian will be running a marathon in Rome in aid for children with disabilities that he works with to get them to Butlins!

#### **Member Marlin:**

Buy tickets to Magic Martins Easter Eggstravaganza on Tuesday 14<sup>th</sup> April at Pinner Village Hall, Chapel Lane, Pinner, Middx, HA5 1AA. 3:30pm-5pm. At £8.00 per ticket.

[www.ticketsource.co.uk/magicmartin](http://www.ticketsource.co.uk/magicmartin).

### Coronavirus

As a health and safety pledge, please avoid coming to the gym for a specified time stated by the Government if you are experiencing any coronavirus symptoms such as fever, cough and breathing difficulties. Also if you have had a business trip, a holiday or seen relatives who have been on holiday to a coronavirus infected country, please do not come to the gym for a specified time and ask to speak to management and the matter will be confidential.

### **Stay tuned and follow us!**

**Instagram:** @Darwinwellness

**Facebook:** Darwin Wellness



Thank you, The Darwin Wellness Team

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Our mailing address is:

[info@darwinwellness.co.uk](mailto:info@darwinwellness.co.uk)

