

# Cedars Summer Newsletter

## Welcome to our June newsletter

Dear members,

Summer is here at last and the **Cedars** team are determined to get you fit! We are planning a whole new outdoor fitness programme so please read on to see what's in store.

We are planning a charity board for all members involved in fund raising to display your posters, hand your notices in at reception marked for my attention and I will make sure they are displayed. If you would like to promote your charity in our news letter please let us know.

Thank you to all our members who have already given us their email addresses. If you haven't already done so and would like to receive the Cedars Newsletter by email, please drop it in at reception or email us at [sales.cedars@akkeronhotels.com](mailto:sales.cedars@akkeronhotels.com)

Finally may I take this opportunity thank all the staff and members that contributed to Val and David's leaving present and we wish them well for the future.

*Carolyn Brown*

**Carolyn Brown**  
General Manager



## Fitness

Our new **Fitness Manager Barrie**, a Physical Training Instructor for the Military and also a former Fitness Manager and Personal Trainer at L.A. Fitness and Virgin Active has gladly accepted the challenge of reshaping and organising the Fitness Department. Thanks to Barrie's former military training background, he will be putting those who are brave enough through their paces with our new boot camp classes.

### Touch Base With Nature

Take advantage of the glorious weather this summer and join Barrie and the team in some great new outdoor programme. The activities include **Triathlon, Running Club, Cycling Club, Power Walking, Boot Camp in the Park and Cycling Club**. Look out for the posters with start dates and times.

### Studio Cycling

If you like to feel the burn and you haven't tried our **Studio Cycling** classes yet, please remember to book yourself onto a 30 minute induction with **Ka-Mun** to help integrate you into the classes.

## Be a World Cup winner!

To enter into the spirit of the World Cup competition we would like to offer you the opportunity celebrate the occasion by entering our prize draw.

Refer a friend to Cedars and when they join you will receive 60 minute treatment of your choice or a 60 minute personal training session.

You and your friend will be entered into a prize draw to win dinner for two and a bottle of wine to the value of **£75** at the prestigious Richmond Gate Hotel. Pick up a refer a friend card from our front desk.



## Carolyn's 3 Top Tips

1

Renew your programme for Summer

2

Book in for a PT session and reach a comfortable fitness level

3

We have loads of new classes and activities. Why not book one today?

By popular demand **Boxercise** is back on Wednesday evenings at 18.45 with **Dan** starting on 16th June.

Cedars can now boast that all our **Fitness Team** are NVQ level 3 qualified and are all available for personal training.

We have additional personal trainers for fitness and Pilates please see our personal training notice board for details.

During June **Cafe Terra** will be undergoing refurbishments! We apologise in advance for any disruptions but you can look forward to a new look **Cafe Terra** with a brand new menu!

CAFE  
TERRA



## Keeping our children safe

As a reminder, please be advised that children under 5 are not permitted to use the spa, children over 5 are advised to spend limited periods in the spa pool (up to 10 mins). Pool Children under 16 years must be accompanied by an adult at all times. Sauna/Steam Children under 14 are prohibited from using the Sauna and Steam rooms. The club reserves the right to amend children's hours where necessary.



## Swimming lessons

We would like to welcome **Candice** back from maternity leave and also our new **Swimming Teacher Aleysha**, who will be teaching private lessons on **Thursdays** and **Fridays**. If you're on our waiting list we would encourage you to look into some of the group lessons that are available, otherwise we hope to offer more slots in the near future.

Our new **Swimming Coordinator Mark** has been implementing an updated and more efficient booking system, so please now book all swimming lessons at reception.



# CRÈCHE

If your child attends the crèche please pop in to pick up a copy of the crèche questionnaire, which will enable us to maintain the best level of quality care. Congratulations to our Easter raffle winners! In first place was the fabulous Helen Kitson who won our top prize, whilst closely behind her in second place was the lovely Lynne Edwards.



## Cedars goes GREEN

To help us reduce energy wastage please only use one towel. It is also important to ensure you shower before entering the pool, thus reducing the amount of chemicals we need to keep it clean. We would also like to remind you to turn off the showers and taps after use and take your towel to reception.



## Cedars Social Events

Look out for our **World Cup Ladies Night** on **Saturday 1st July** for those of you who haven't got swept away in all the football madness! Cedars summer BBQ **Friday 16th July**.

## MAINTENANCE

Our new maintenance team and Operations Manager Adele will be overseeing the remaining issues brought to our attention in recent months.

We have already seen the sauna stove replaced, tiles replaced in the steam room, siliconging in the ladies wet changing room and new hot water boilers installed last month. We are currently installing new sump pumps to addressed the drain problem.

Although we will not have a shut down week this summer we will be carrying out minor maintenance work throughout August. We apologies in advance for any inconvenience.



# The Balcony

NEW!

We would like to welcome **Katy**, our new Spa Manager. She has over 12 years of experience in the Spa and Beauty industry and has joined us from the spa at the Richmond Gate's sister hotel The Harte and Garter, Windsor. Her aim is to maintain and improve upon treatment service levels and improve the appointment booking system. We now have a new direct telephone number for **The Balcony 0208 939 0385**. Please call this number or email [spa.cedars@akkeronhotels.com](mailto:spa.cedars@akkeronhotels.com) to make an appointment from now on.

## New Therapists and Treatments

NEW!

**Julie** specialises in aromatherapy, pregnancy and deep tissue massage. Julie is available Thursday - Sunday.

**Bridget** is fantastic at all holistic massage and is available on Tuesday evenings. **Bridget** is offering 20% off all treatments with her until the end of June.

**Alison Jones** will be her on the 18th June 10am-4pm and offering the **No 1 Celebrity Beauty Accessory - Eyelash Extensions!** Please book early to avoid disappointment.

Nutritionist and health specialist **Michelle Burgh** will be running a weekly advice clinic on how to improve your body systems through diet and supplements. She can treat a whole variety of concerns such as stress, low energy, insomnia, head aches, difficulty in losing weight and many many more. She is at Cedars every Tuesday from 10am - 2pm.

## Turn back the years

On July 7th Medi Spa **Doctor Sarah Burns** will be offering free consultations for Botox and Fillers in the Balcony Spa. As an introductory offer if you book a treatment on the day you will receive 10% off.

## Balcony opening times

The Balcony is now operating under new opening hours and will be offering late night treatments on Wednesdays and Thursdays.

<b>Monday</b>	9.30am- 5.30pm
<b>Tuesday</b>	9.30am- 5.30pm
<b>Wednesday</b>	12pm-8pm
<b>Thursday</b>	12pm-8pm
<b>Friday</b>	9.30am-5.30pm
<b>Saturday</b>	9.30am-5.30pm
<b>Sunday</b>	9.30am-5.30pm



# Balcony Offers

1

Spruce yourself up with our summer sizzler! Choose any 3 from the following: manicure, pedicure, leg wax, eyebrow tint & shape, body St Tropez Sunless Tan Application for £50- offer ends **31st August 2010**.

2

Frequent visitors to The Balcony may wish to pick up a loyalty card if they haven't already done so. We are offering a buy 4 get the 5th free as an on-going promotion! All you need to do is spend £50 every session in products or treatments to take advantage. Members also receive 10% off - just remember to present your membership card!

3

Our spa is also open to non-members and is a perfect idea for a gift or celebration. This Father's Day all treatments for men at The Balcony will receive 20% off. Don't forget that if a guest spends over £50 on a treatment they can use all of the facilities Cedars has to offer for free.

## Cedars opening times

There will be a small change to our opening times next year. Our new opening and closing times will be:

Monday to Thursday	06.30 - 22.00
Fridays	06.30 - 21.00
Saturday	07.00 - 20.00
Sunday	07.00 - 21.00

**020 8332 1010**

[sales.cedars@akkeronhotels.com](mailto:sales.cedars@akkeronhotels.com)

Richmond Hill Richmond Surrey TW10 6RW

Finally, to make Cedars greener and to save on postage we would love it if those of you who have not done so already could provide us with your email addresses. We can keep you up to date with our quarterly newsletter, including any new additions to the social calendar and any news and events we think you may like to know. Please either email us at [sales.cedars@akkeronhotels.com](mailto:sales.cedars@akkeronhotels.com), or drop your address into the box at reception.



**Cedars**

Health & Leisure Club