

MARLOW HEALTH CLUB HELPS MEMBERS GET ON THE PISTE

16 January 2009: Marlow's leading health and fitness club has launched a series of new fitness programmes designed specifically for those looking to hit the slopes over the next few months.

Available at The Marlow Club on Fieldhouse Lane, the new 'Ski Fit' course will provide those jetting off to colder climes the perfect conditioning before the start of their holiday.

Including a series of leg busting exercises as well as intense aerobic workouts, anyone who takes part will be carving perfect turns once they hit the white stuff over the coming months.

Kevin Dobson, senior gym instructor at The Marlow Club said: "We've now reached the time of year when people from the UK start heading to the Alps and North American ski resorts for their skiing trips. Because of this we're providing our members with a series of new routines that will give them maximum enjoyment from their holiday.

"We've devised the new programmes following a number of requests from members about how to best prepare for a skiing holiday. Skiing is quite a physical sport especially on the legs, so the more you prepare the more you'll get out of it.

"Because of this we thought why not give our members what they want so we've devised a series of programmes suitable for beginners through to advanced skiers."

For further information on The Marlow Club please call T: 01628 475709 or visit www.themarlowclub.co.uk

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Issued on behalf of The Marlow Club by Empica Ltd. For further information contact Laurence Phillips or Martin Powell (01275) 394400