

LEISURE LIFE NEWSLETTER

Lifestyle, Arts, Fitness & Wellness

ABINGDON

SPORTS &
LEISURE



Fitness & Wellness

Outdoor exercise classes are back at Tilsley Park

We are very pleased to share that, due to popular demand, outdoor circuit classes are back throughout the summer months. Enjoy the warm evenings outside at Tilsley Park, every Tuesday at 7pm.

A total body workout from head to toe, using a variety of bodyweight exercises such as press-ups and sit-ups. All abilities are warmly welcome, and we'd like to encourage you to bring friends and family members along too.

Visit our website to book our full range of classes online up to 7-days in advance. You must be 16+ years of age to take part.

Members: Free

Pay-As-You-Go: £7.90 per class

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TOP NEWS

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What's on this Summer

Lifestyle

High Performance Rugby, Athletics and Wellness Camp

Monday 22-Thursday 25 August
Participants: Aged 8-15 years.

This camp is led by Sy Wiggall, who is a Strength and Mental Performance Coach with Oxford Harlequins and founder of the Oxford Youth Strength and Conditioning Academy. This camp is designed to teach aspiring young athletes to move correctly, efficiently and safely, while building full body strength and balance. Participants will be shown how to fuel themselves with the correct nutrition, to breathe correctly and to help them to achieve a mindset for a happy, positive and successful sporting career.



WASPS

Wasps Rugby Skills Camp

Monday 18-Friday 22 July
Participants: Aged 12-16 years.

This is a high-quality coaching course led by Premiership Rugby Club Wasps. The sessions run by Wasps Community Coaches will be fun and engaging whilst challenging both the participants technical and tactical skills. Participants will learn and develop core skills such as catch and pass, tackle, breakdown, support, back play and set-piece play.

Amey Theatre
Live screenings and
events

WRITTEN BY NICK LLOYD
(AMEY THEATRE MANAGER)



The Amey Theatre presents National Theatre Live, Royal Shakespeare Company Live and Royal Opera House Live screenings, available to the community. The perfect alternative if you'd like to do something local rather than having to travel to London - and at a fraction of the price!

NT Live: *Much Ado About Nothing*
Thursday 8 September 2022, 7pm

Katherine Parkinson (*The IT Crowd*) and John Heffernan (*Dracula*) lead the cast in Shakespeare's romcom of sun, sea and mistaken identity.



The legendary family-run Hotel Messina on the Italian Riviera has been visited by artists, celebrities and royalty. But when the owner's daughter weds a dashing young soldier, not all guests are in the mood for love. A string of scandalous deceptions soon surround not only the young couple, but also the adamantly single Beatrice and Benedick.

Director Simon Godwin returns with this irresistible comedy, broadcast live from the National Theatre stage.

Book Live Screenings and
Events Now

NT Live & RSC Live: Adult: £14 Concession: £12
ROH Live: Adult: £16 Concession: £13

To book your ticket or find out more about our upcoming events, please visit www.ameytheatre.co.uk

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Kettlebell swing

WRITTEN BY TOM PHILLIPS
(FITNESS INSTRUCTOR)

Kettlebell swings have grown in popularity over the past decade as a quick full-body workout with advantageous benefits:

- Kettlebell swings involve your whole body, which requires your heart to beat faster to pump blood throughout your body, improving all-round cardiorespiratory fitness as well as strength.
- Kettlebell swings target glutes, hamstrings, calves, erector spinae, trapezius (traps) and rhomboids (collectively known as the posterior chain). These muscles are of paramount importance in body health, core stability and posture.
- Kettlebell swings require high force development and activation of muscles of the posterior chain, which can improve your overall fitness, explosiveness, performance and power.
- Kettlebell workouts are high intensity and can burn a lot of calories in a short time.
- Most kettlebell workouts can be completed in as little as 10–15 minutes and require only a kettlebell to get started. This means they are perfect for fitting workouts into a busy lifestyle.

Exercise focus



... Continue reading for how a kettlebell swing should be successfully achieved

Shoulders

Keep your shoulders relaxed to avoid shrugging the kettlebell and ending up with your shoulders around your ears.

Glutes

Activate your glutes by driving your hips through to a neutral position (where you are upright). Aim to keep your forearms attached to your hips until you reach neutral then, as your arms come up, squeeze your glutes to prevent overextending your lower back.

Head

Your head position should be neutral. The gap between your chin and your chest shouldn't change.

Elbows

Use soft elbows throughout the swing. Keep your arms relaxed to take the tension out of your arm muscles and, instead, use the momentum of the kettlebell.

Knees

Your knees shouldn't bend excessively during the swing – it should be a hip hinge motion. This is a posterior chain movement (the muscles on the back of your body), not a quads exercise.

Did you know...

We offer personal training plans and personal programmes. If you would like guidance and support on how to get the most out of your workout, or best practice whilst using our gym, please speak to a member of the team for more information on how we can help you.

You can also visit our website to book a weekly kettlebells class with us, as part of our exercise class programme. Available to members or on a pay-as-you-go basis.

