

# Village News

September—  
October

Welcome to our Sports Village newsletter. Please let us know your thoughts or if there's any other content you'd like to be included, by emailing [sports.reception@herts.ac.uk](mailto:sports.reception@herts.ac.uk).

## What's Happening

We are excited to be welcoming new and returning students to the Sports Village in September. To minimise disruption to our members we will be increasing the number of staff on shift, however our team are still going to be super busy over the next couple of months. Please bear with us if it takes slightly longer than normal to deal with your query.

After a successful summer of Kids Village Day Camps we are pleased to say we are already taking bookings for October half-term. Many of our summer camps were fully booked, so don't leave it until the last minute! If you're booking more than two weeks in advance we're also able to accept childcare vouchers, making our already great value sessions even better! Speak to our Customer Service Team or visit the Kids Village section of our website to find out more.

On Monday 9 September our swim lessons for both adults and children will start back up after the summer break. For more information please speak to our Customer Service Team.

### DID YOU KNOW...

The Virgin Islands, Afghanistan and St. Kitts all trained here ahead of the 2012 London Olympics.

The hill outside the Sports Village entrance was created using the earth excavated from the construction of the pool.

### YOU SAID, WE DID!

"When I'm booked onto the waiting list I don't always receive the emails to let me know there's a space on the class."

Our gym team will now text you when a space is available. If it's the same day, you will be offered the place or if it's in advance you will be automatically moved across to the class. Please delete yourself from the waiting list ASAP if you no longer wish to attend.

#### Courses Available

1 Day First Aid at Work  
2/17 September  
2/21 October

3 Day First Aid at Work  
9–11 September

National Pool Lifeguard  
Qualification (NPLQ)  
28 October–2 November

Defibrillator  
25 September

Level 2 Fitness Instructor  
24 September–10 December

#### Hosted Events\*

Taekwondo 5/6/12 October  
Futsal 19 October  
Karate 21 September

\*Our car park will be busier than usual on these days

#### STAFF STAR



Maddi – Performance Intern

Maddi juggles being an intern in our Performance gym, as well as being a casual Health and Fitness coach in our main gym. She is always enthusiastic and encouraging throughout the sessions she provides and has never been seen without a grin.

#### VERY IMPORTANT MEMBER (VIM)



Freddie – Joined in 2005

One of our regular members attending 3-4 times every week, Freddie is a very popular figure with other members and staff alike — he always has a smile and the time for a chat with everyone when he is in the gym.

Always a cheerful member around the Sports Village, Freddie continues to enjoy his gym sessions which include a mixture of cardio exercise on the bike and machine weights and we hope he continues to benefit for many more years to come!



# Try something new!

## METAFIT

Enjoy Smash HIIT but prefer a studio based class? Give Metafit a go!

Quick, tough and fun. You'll come out of this class feeling like you've done a full work out in just half an hour. Our fabulous instructor, Amy, will guide you through each session ensuring you push yourself to your personal limits and achieve whatever results you're aiming for whilst still having fun.

The best part is, you'll keep burning calories up to 24 hours after you get home!

## SINGLE LEG TOE TOUCH

**Benefits:** The single leg toe touch or "Swan-dive", is a great rehabilitation exercise. It's also perfect for those in desk spaced jobs as it stretches out and increase strength in the glutes and hamstrings. Both of which often become tight when sitting for extended periods.

This exercise engages multiple muscle groups; the more muscles being used in an exercise the more calories you will burn. This exercise allows you to practice and improve your squat as well as overhead press technique.

**Muscles worked:** Glutes, Hamstrings, Core, Balance & Mobility.

**How to:** Unlock the left knee, bend from the hips extending the right leg behind you. Reach both hands towards the toe keeping you back straight, core engaged and your head in line with the spine. Hold at your lowest point for 3 seconds then slowly return to standing. Repeat on other leg. 1 minute each leg for 2-3 sets. Try not to scrunch the toes in the standing foot.



## HEAT THE HOB

### Mexican Tortilla Bowls

(Serves 4)

Ingredients:

- 4 medium flour tortillas
- 400g of black beans, rinsed and drained
- ½ red onion, finely diced
- 2 plum tomatoes, diced
- 1 avocado, diced
- ½ red pepper, diced
- 1 little gem lettuce, cut into chunky pieces
- ½ red chilli, finely chopped
- 2 limes, 1 zested and 2 juiced
- 2 tsp extra-virgin olive oil
- Salt, to taste
- Coriander, leaves torn
- 1 punnet of cress, snipped
- Tabasco, a few dashes

Method:

1. Heat the oven to 200C/fan 180C/gas 6. Turn a large muffin tin upside down and spray lightly with oil. Push a tortilla into the gaps between the muffin holes, to make a bowl shape. Repeat with the remaining tortillas and bake for 8-10 minutes or until crisp and brown at the edges. Transfer to a wire rack to cool.
2. Put the beans, red onion, tomatoes, avocado, red pepper, Little Gem and chilli in a large bowl and toss with the lime juice and zest, olive oil and salt. Tear in the coriander, add the cress and toss lightly again.
3. Spoon between the tortilla bowls and serve with Tabasco.



#HSVHeatTheHob on Instagram!