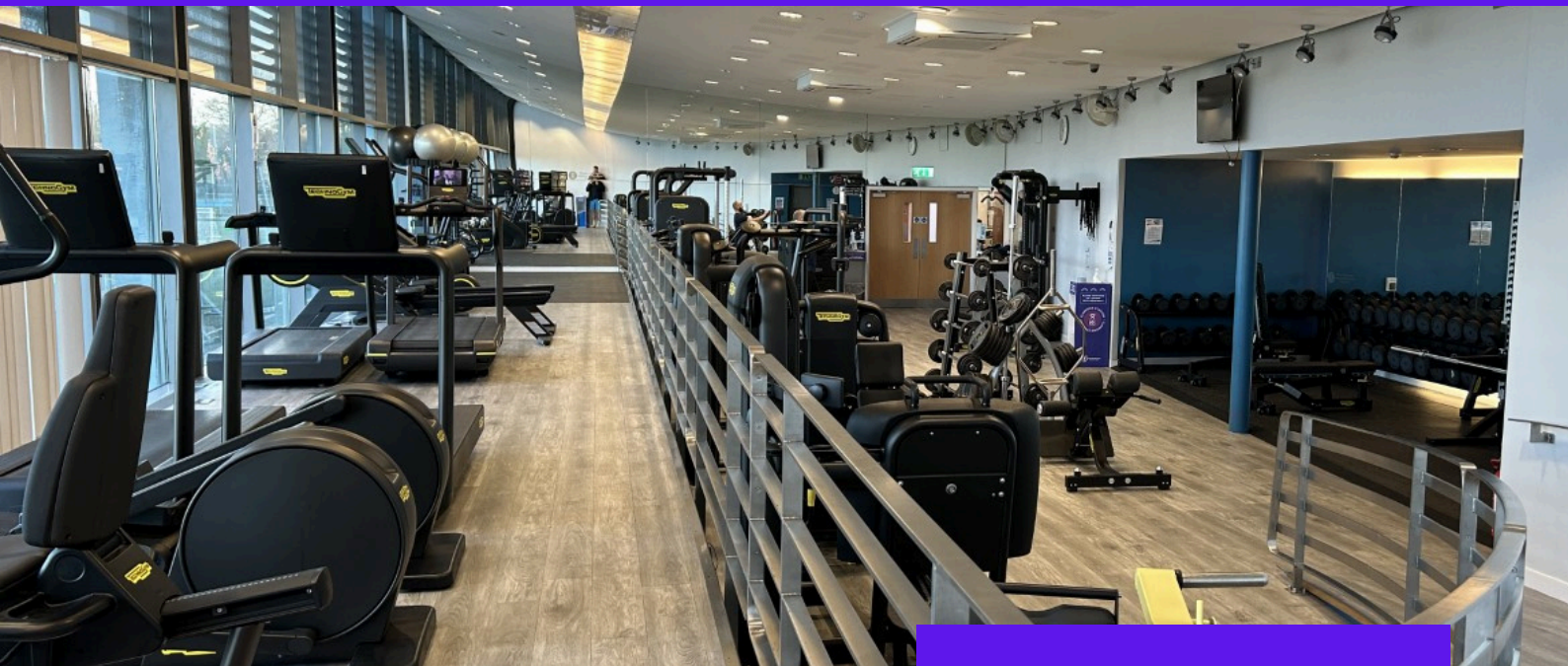


Newsletter



Class of the Month - Strength & Sculpt

Our new class, previously known as LBT!

A full body workout designed to tone, shape and build strength using a mix of resistance exercises, bodyweight movements and controlled repetitions. The mixed ability class aims to target key muscle groups to improve muscle definition, stability and overall strength.

Come along and try it during February and bring a friend for free!

Thursday evenings 7pm - 7.45pm



Pancake Day!

Rather than unhealthy toppings this pancake day, why not try something a bit better for you like:

- Fruit (Berries, bananas, pineapple)
- Natural sweeteners (A light drizzle of maple syrup or raw honey)
- Plain Greek yoghurt (for protein), ricotta cheese, almond butter

Meet the Team

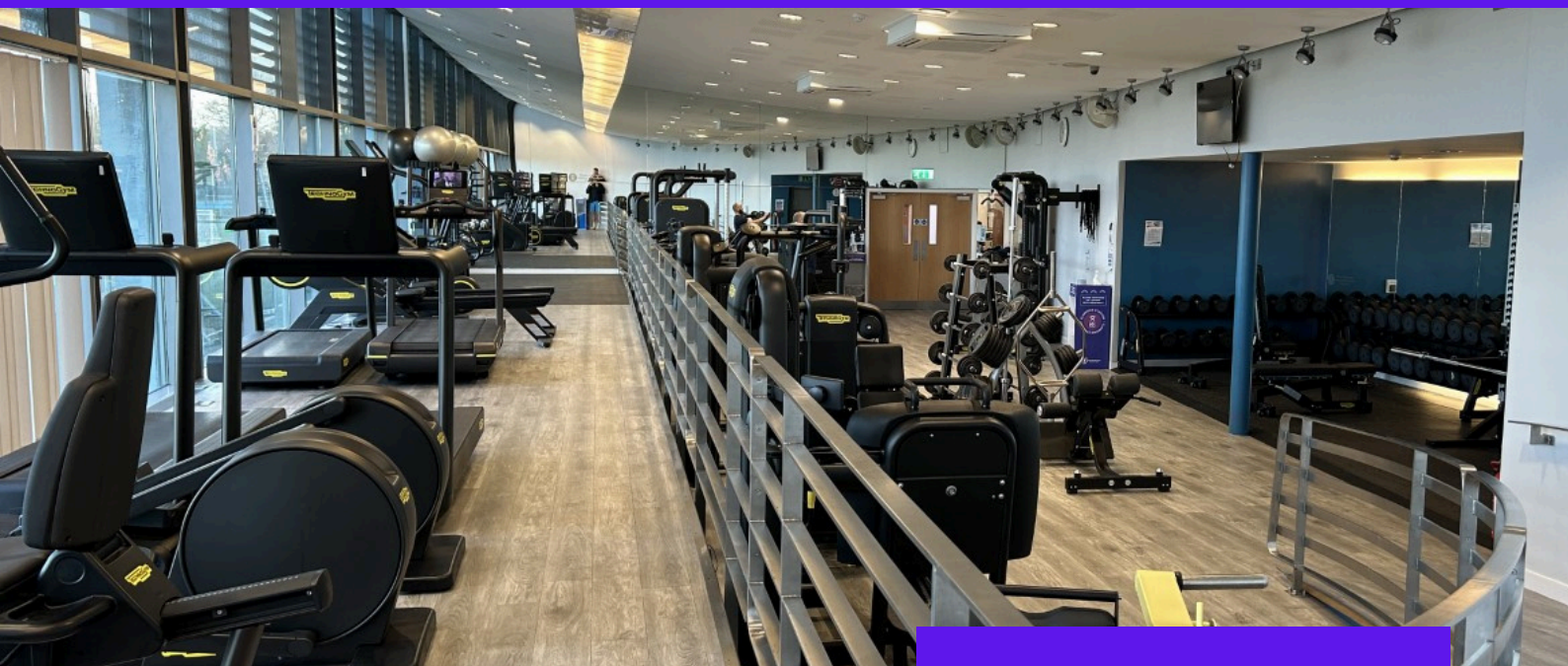


Meet, Keeley, one of our new receptionists. She likes football, walking her dogs, and stepping out of her comfort zone. Dislikes include spiders and spicy food

Follow us on Social Media!



Newsletter



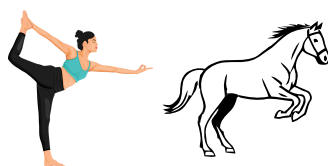
Out of Order Equipment

We apologise for any inconvenience caused by the x-trainer and bike that have been out of order recently in the gym. After a few delays with parts we are finally expecting them to be repaired in the first couple of weeks of Feb. We thank you for your patience!



Happy Chinese New Year!

Chinese New Year will be celebrated on 17th Feb, welcoming in the year of the Fire Horse!



Increased Yoga Availability

During half term (w/c 16th Feb, we will have increased capacity on our morning Yoga sessions, make sure to book in advance!

Equipment of the Month

Hip Thrust

Have you tried our Hip Thrust machine in the gym?

Trying a new machine can be daunting, so why not take a look at our video tutorials on Instagram and Facebook?

Otherwise, chat to one of our instructors and they will be happy to help!

Follow us on Social Media!

