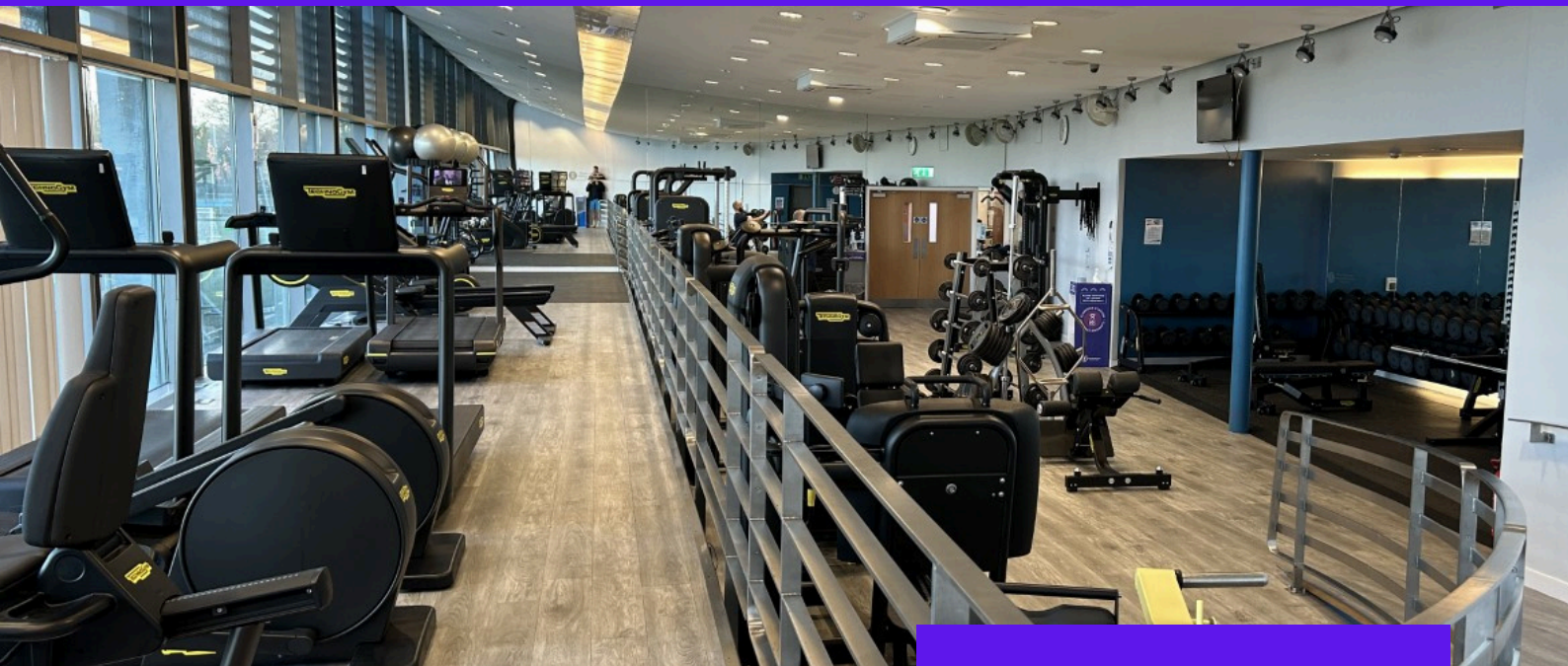


Newsletter



Class of the Month - Interval Training

All ability class that consists of a series of repeated rounds of exercise ranging from several minutes to just a few seconds. This is a total body workout designed to get your body moving and increasing your heart rate.

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

Thursday evenings 6pm - 6.45pm



School Options Evening

On Thursday 19th March the school will be hosting an option evening so expect the car park to be particularly busy between 6-8pm!

Changing Room Deep Clean

Both changing rooms will be receiving a deep clean in March. The mens will be on the 3rd and the ladies on the 4th. This will be from 8-10pm, the toilets will still be accessible for use, however the changing areas and showers will be closed.

Meet the Team



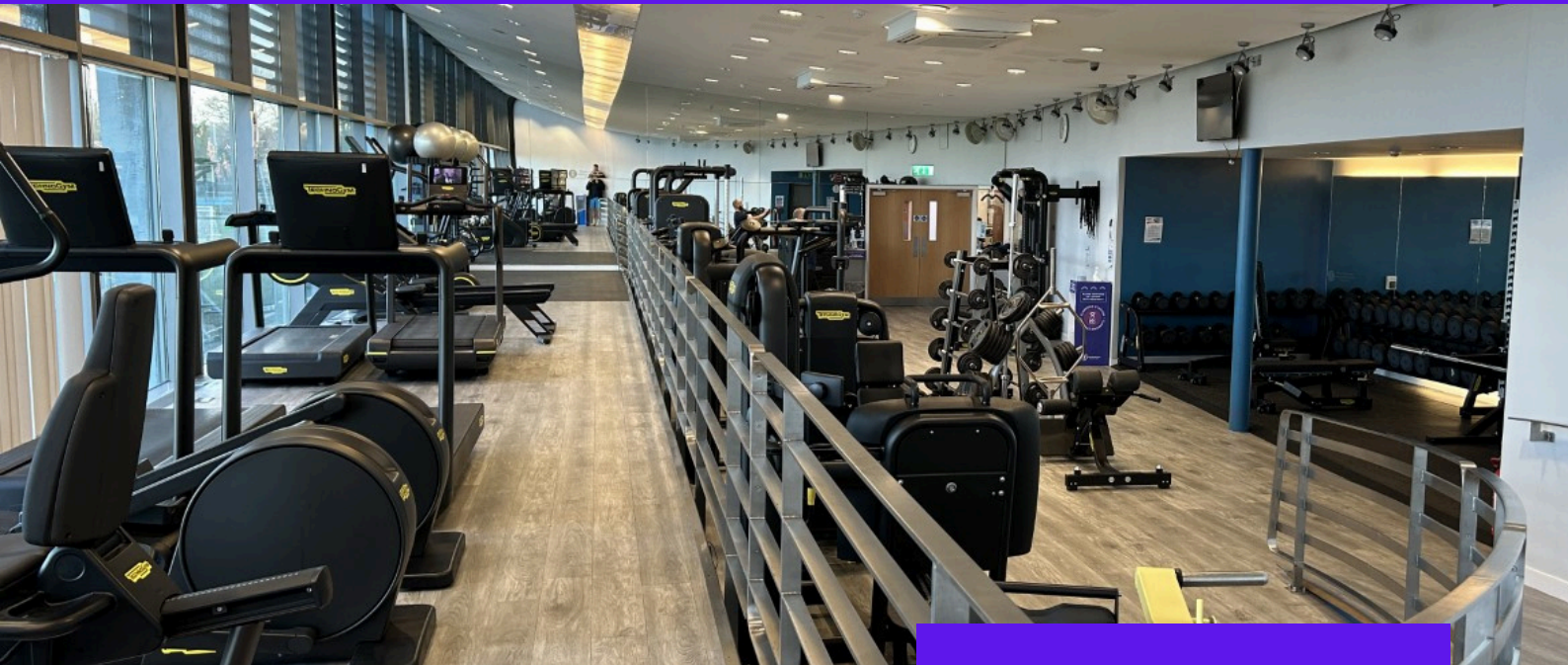
Meet Nick, our new group exercise instructor. He enjoys drawing, mma and video games.

He will be taking Interval Training on Thursday evenings at 6pm. Come along and try it!

Follow us on Social Media!



Newsletter



Sunday Morning Classes

As many of you will be aware, our usual Sunday morning instructor Laura will be taking some time off to undergo knee surgery, we're hoping she should be back in 4-6 weeks. Most of her classes have been covered so far, keep an eye out on social media for regular updates!

We wish her a speedy recovery!



Congratulations to our instructor Ed who has just passed his Boxercise qualification!



International Womens Day

Celebrate the women in your life with us on Sunday 8th March!

Not sure how to use a piece of equipment?

If you're ever stuck, scan the QR code on each machine to see a 10 second tutorial on that piece of kit.

Follow us on Social Media!

