

Newsletter



Class of the Month - Zumba



Latin-inspired, high-energy dance class set to upbeat music. "Ditch the Workout, Join the Party," the class emphasizes moving to the music and having a good time, no rhythm required. Suitable for all levels of fitness. All you need is towel and bottle of water to hydrate.

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

Tuesday evenings 6.15-7pm



New Additions to our Timetable!

As of the first week of May, two new classes will be starting here at Ash Manor:

Zumba!

Tuesday evenings
6.15 - 7pm

Boxercise!

Wednesday evenings
6.30 - 7.15pm



Meet the Team

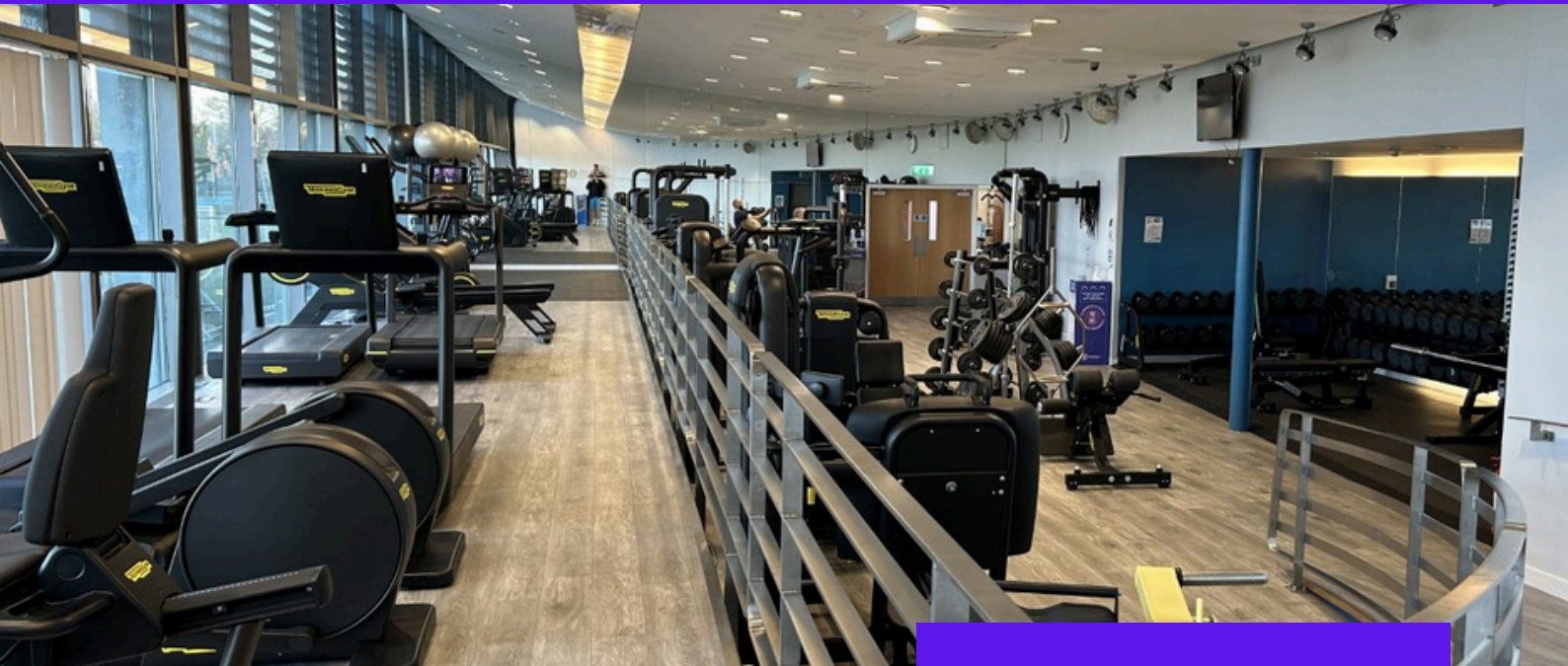


Meet Charlotte, one of our new receptionists. She likes spending time with family, going for nice sunny walks and going to the gym. Dislikes are creepy crawleys especially woodlouse!

Follow us on Social Media!



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Bank Holiday Opening Hours

Monday 4th

8am-4pm

Monday 25th

8am-4pm

The only class running on these days will be spinning with Simon:
9.30am on both days

Half Term Yoga

As always, we will have increased availability on our morning yoga sessions throughout the school half term, which takes place week commencing the 25th May.



Exam Period

As the exam season is beginning in May, we ask that you be mindful and try to keep noise to a minimum when passing through our reception area. We thank you for your understanding!



New Booking System Incoming

As of the 13th of May, we will have a new online booking system so anyone looking to book classes will have to re-register with the new system. Details on how to do this will be sent out to all members

We will also be taking online bookings for badminton, football etc.

Follow us on Social Media!

