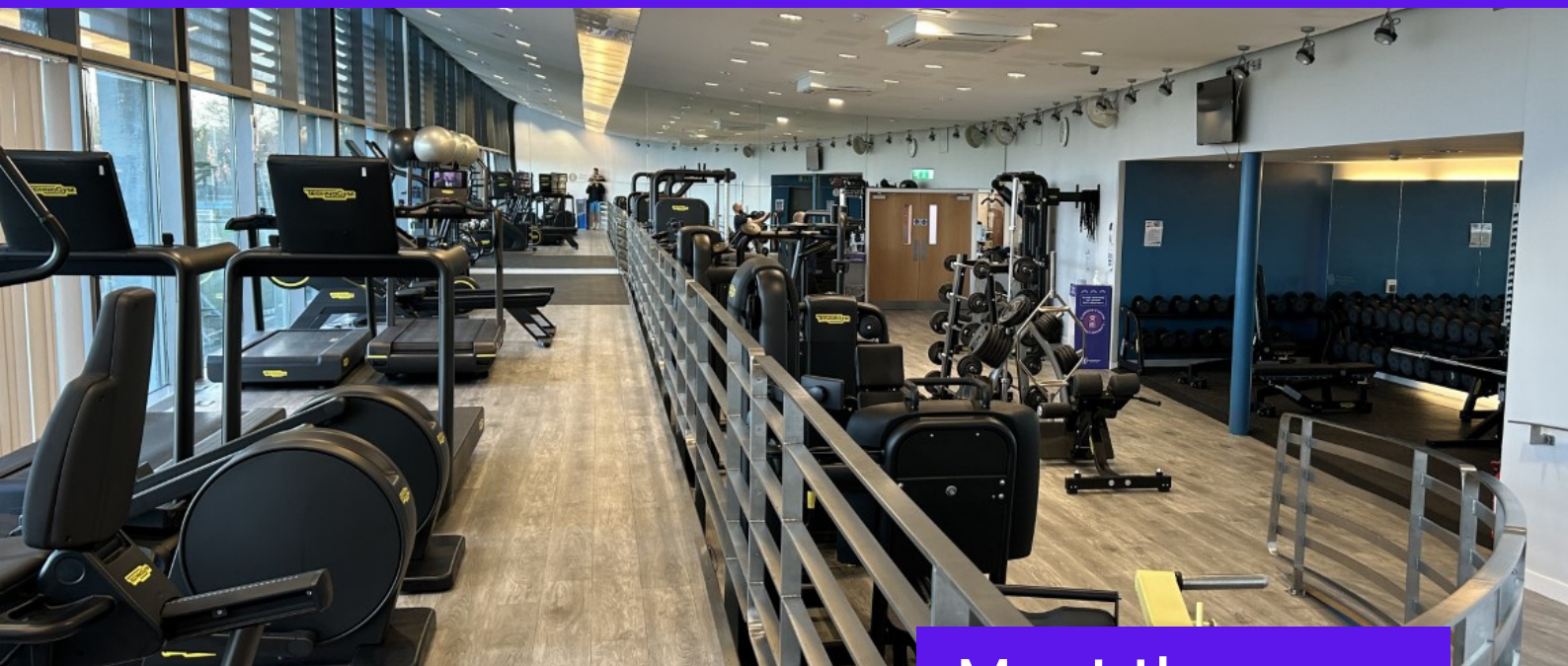


Newsletter

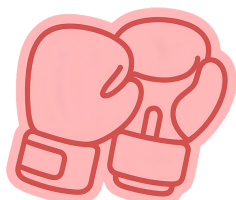


Class of the Month - Boxercise

Boxercise is a high-intensity, non-contact fitness class based on boxing training techniques, designed to improve cardiovascular endurance, strength, and coordination. Classes typically involve boxing combinations using gloves and pads, along with circuit training, skipping, and core work, suitable for all fitness levels

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

Wednesday Evenings 6.30-7.15pm!



Get in Shape for Summer!

Do you need help in the gym in the lead up to summer? Book in with one of our fitness instructors today!



Meet the Team

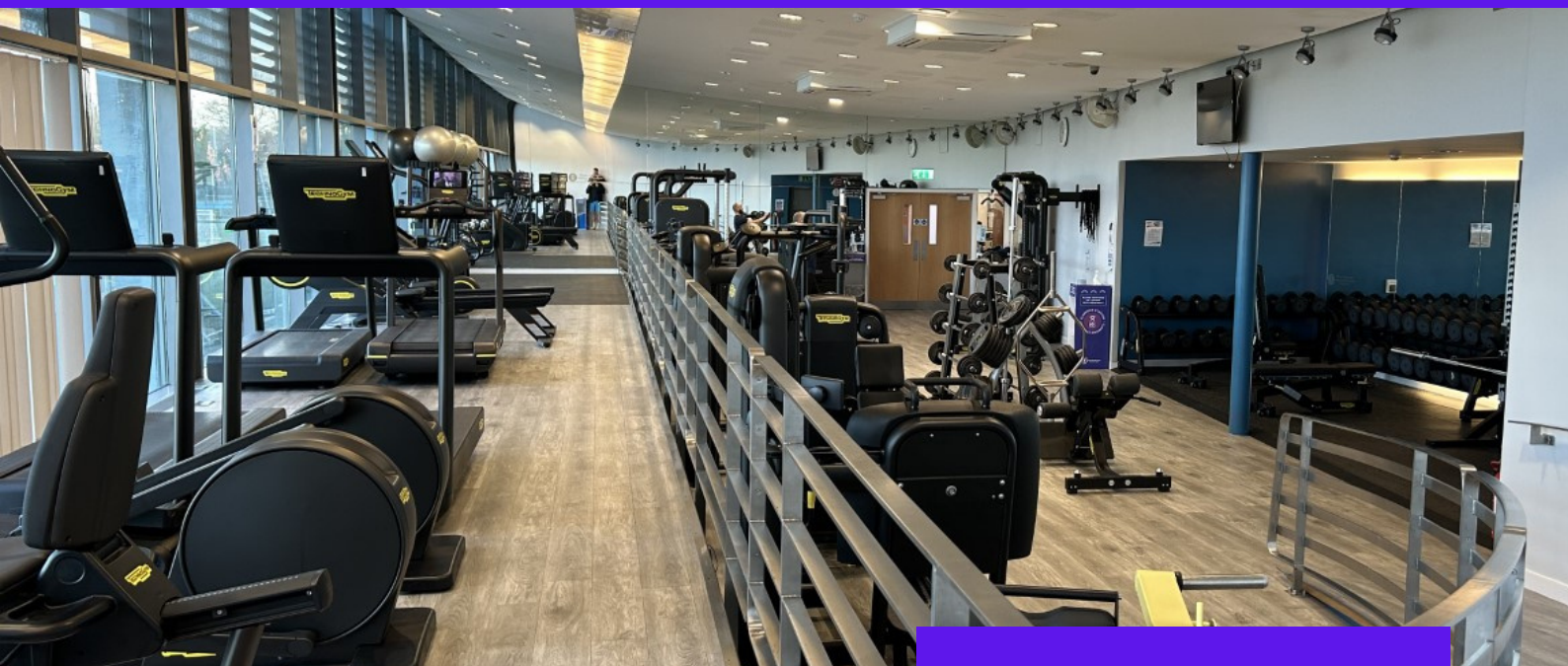


Meet Darren, our new Zumba instructor, come along Tuesday evenings at 6.15 to meet him!

Follow us on Social Media!



Newsletter



Stay Hydrated!

From our blood system carrying essential glucose, oxygen and nutrients to cells, to the kidneys getting rid of waste products we no longer want, fluid in the body is vital to allow these to occur. It also lubricates our joints and eyes, helps our digestive system function and keeps our skin healthy



Summer Holiday Yoga

As always, we will have increased availability on our morning yoga sessions throughout the school summer holiday, which takes place week commencing the 20th July



Please Wipe Down Gym Equipment!

Lets keep our gym clean, hygienic and enjoyable for everyone!

Equipment of the Month

Low Row

Have you tried our Low Row 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!

