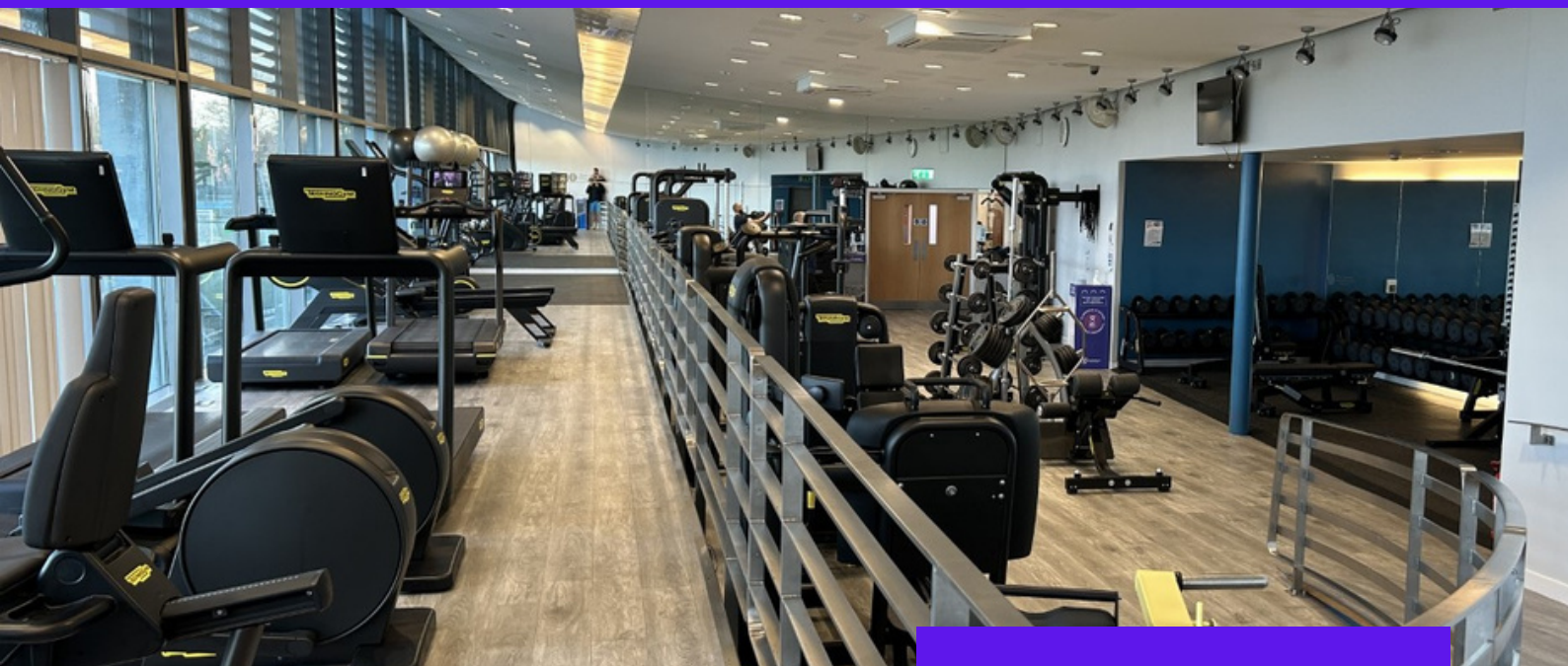


Newsletter



Class of the Month - Strength Circuit

Strength circuit is a full body workout using weights and simple equipment, set up in a circuit format. Lift move and feel stronger together.

Exercises can be adapted to suit all abilities, with options to make movements easier or more challenging. A circuit for all fitness levels

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

Thursday Evenings 6 - 6.45pm!



Safe Footwear

Please remember to wear suitable footwear when exercising in the gym. Sliders and Crocs (not in sport mode) do not count!



Thankyou!



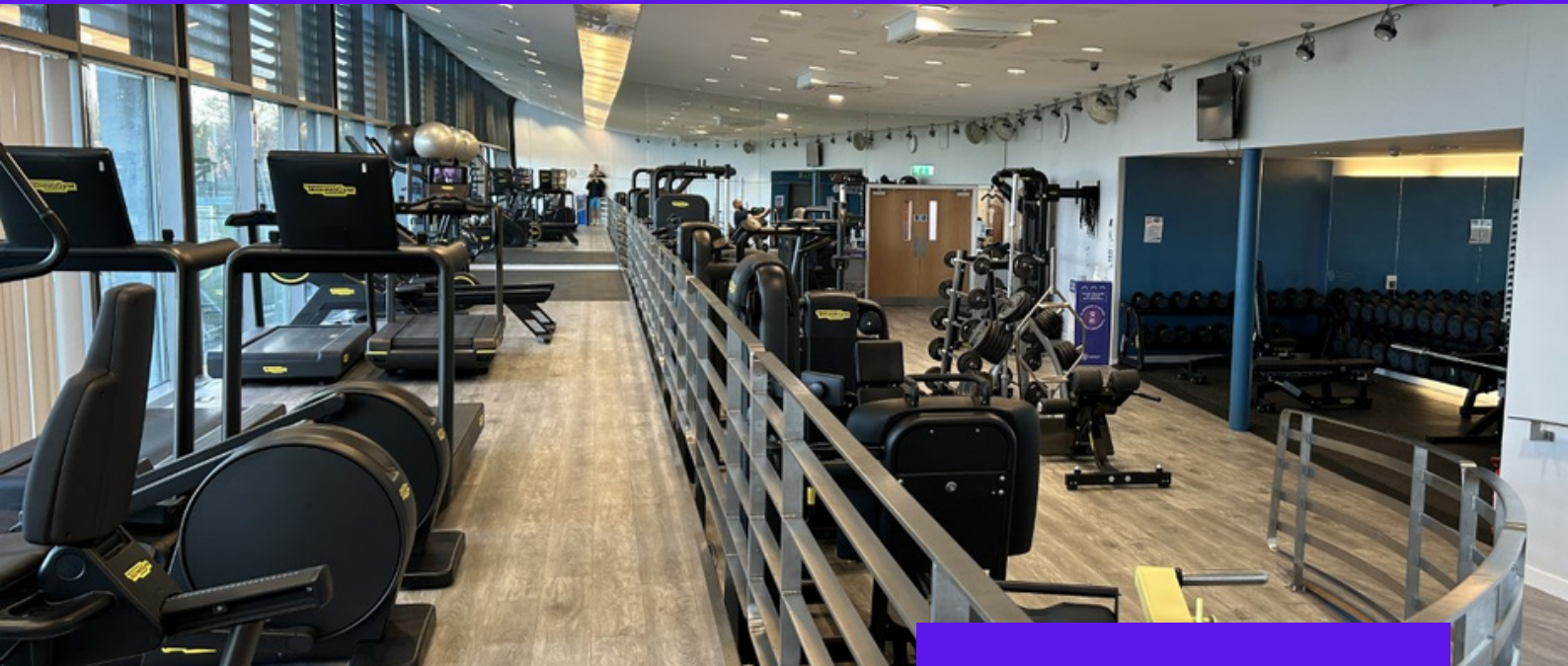
This month we say goodbye to our receptionist Larni, who has worked here for over 4 years. She has been a great asset to the team and we will miss her!

Be sure to wish her well if you cross paths before she leaves!

Follow us on Social Media!



Newsletter



Congrats to Ali!

Last month, spin instructor Ali completed 60 miles of a 100 mile ultra marathon! What a massive achievement, I can't think of many people who would put themselves through that! Come along to one of Ali's classes and I'm sure she'll tell you all about it!



Summer Holiday Yoga

As always, we will have increased availability on our morning yoga sessions throughout the school summer holidays!



Please Wipe Down Gym Equipment!

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

Equipment of the Month

Chest Press

Have you tried our Chest Press 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!

