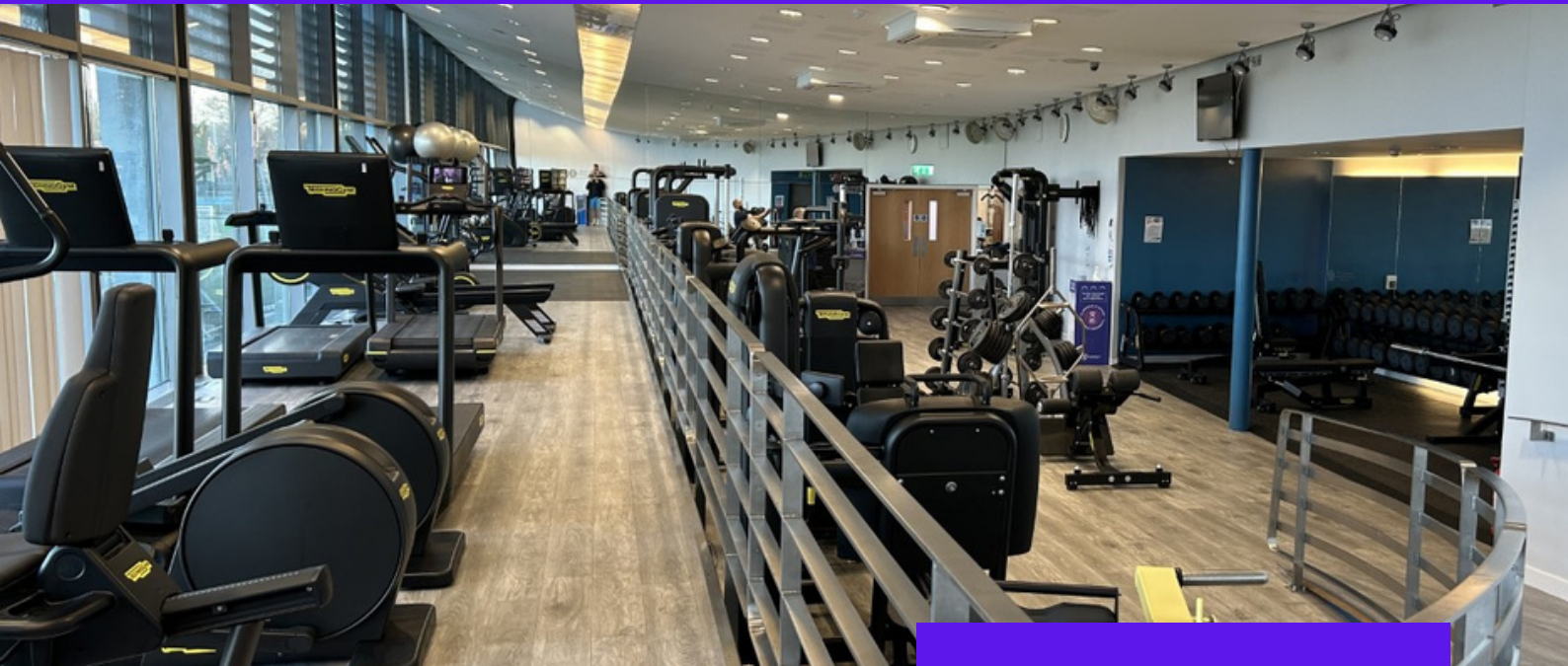


Newsletter



Class of the Month - Upper Body Strength + Tone

This 30-minutes workout focuses on targeting the upper body. Strengthen and tone your arms, shoulders, back, chest and core with a combination of weighted and unweighted exercises. Suitable for all levels.

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

Monday Evenings 7.15 - 7.45pm!



Safe Footwear

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



School Open Evening



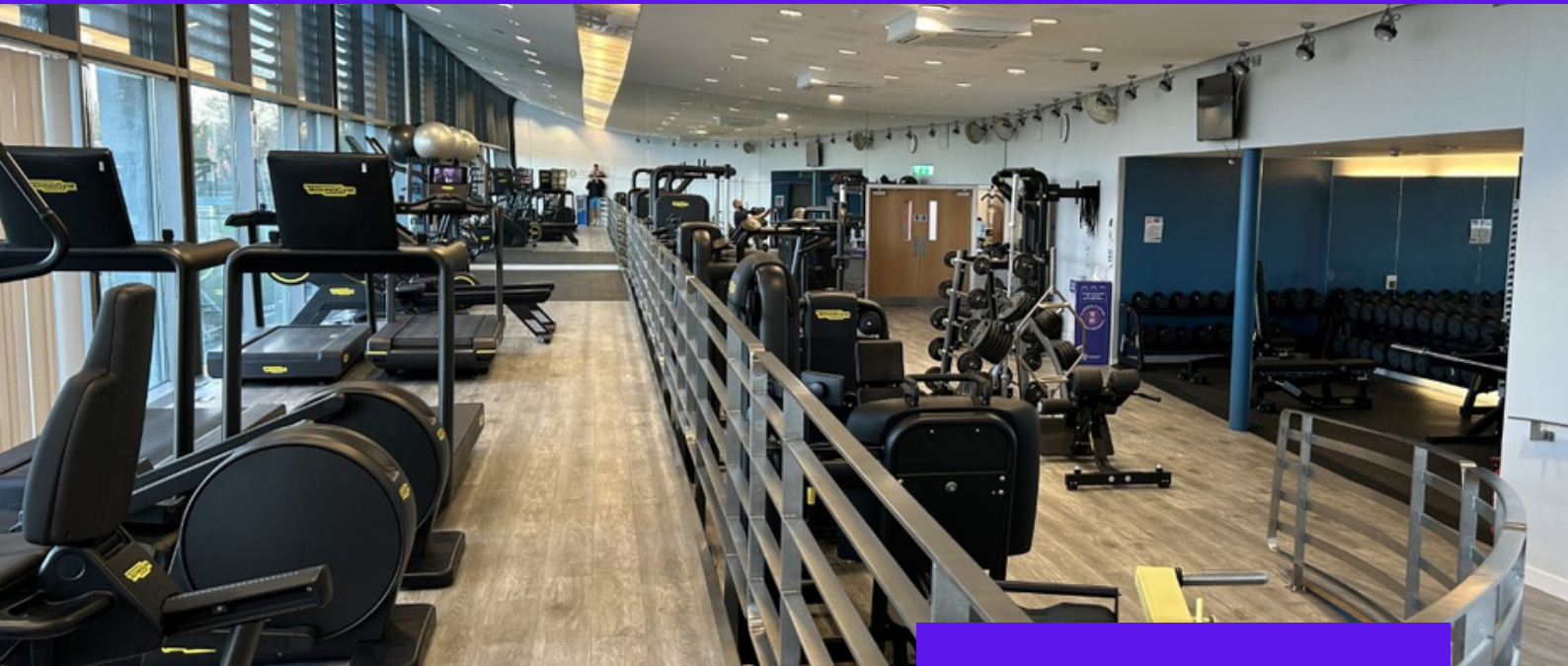
School open evening will be taking place between 6-8pm on Wednesday 23rd September.

No exercise classes will be running and you should expect the car park to be extra busy during this period

Follow us on Social Media!



Newsletter



Good Luck!

Good luck to PT Ed and receptionist Charlotte who will be taking part in their second Gym Race UK event on September 5th!



Remember to Check In!

In the coming weeks we will be adding a photo of each member to their membership account. This is to protect your membership going forward. Remember to check in at reception!

Car Park

With the school coming back and bookings getting busier again, expect the car park to be far busier than it has been over the summer. Particularly during school times, weekday evenings, and weekend mornings



Please Wipe Down Gym Equipment!

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

Equipment of the Month

Shoulder Press

Have you tried our Shoulder 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!

