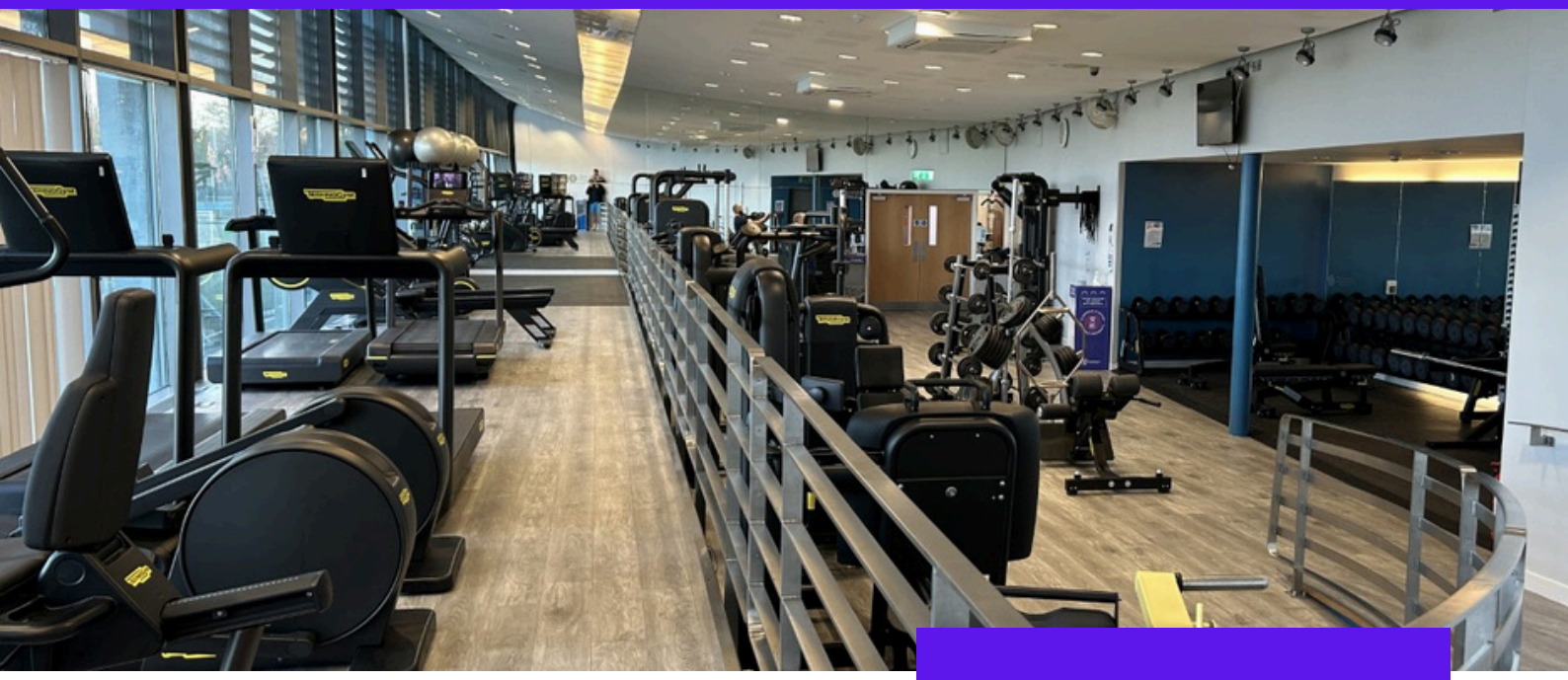
October

Ash Manor Sports Centre

# 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 October and bring a friend for free!

Tuesday Evenings 6.15-7pm







## Safe Footwear

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



## School Holiday Yoga



**W/c 19th & 26th October**

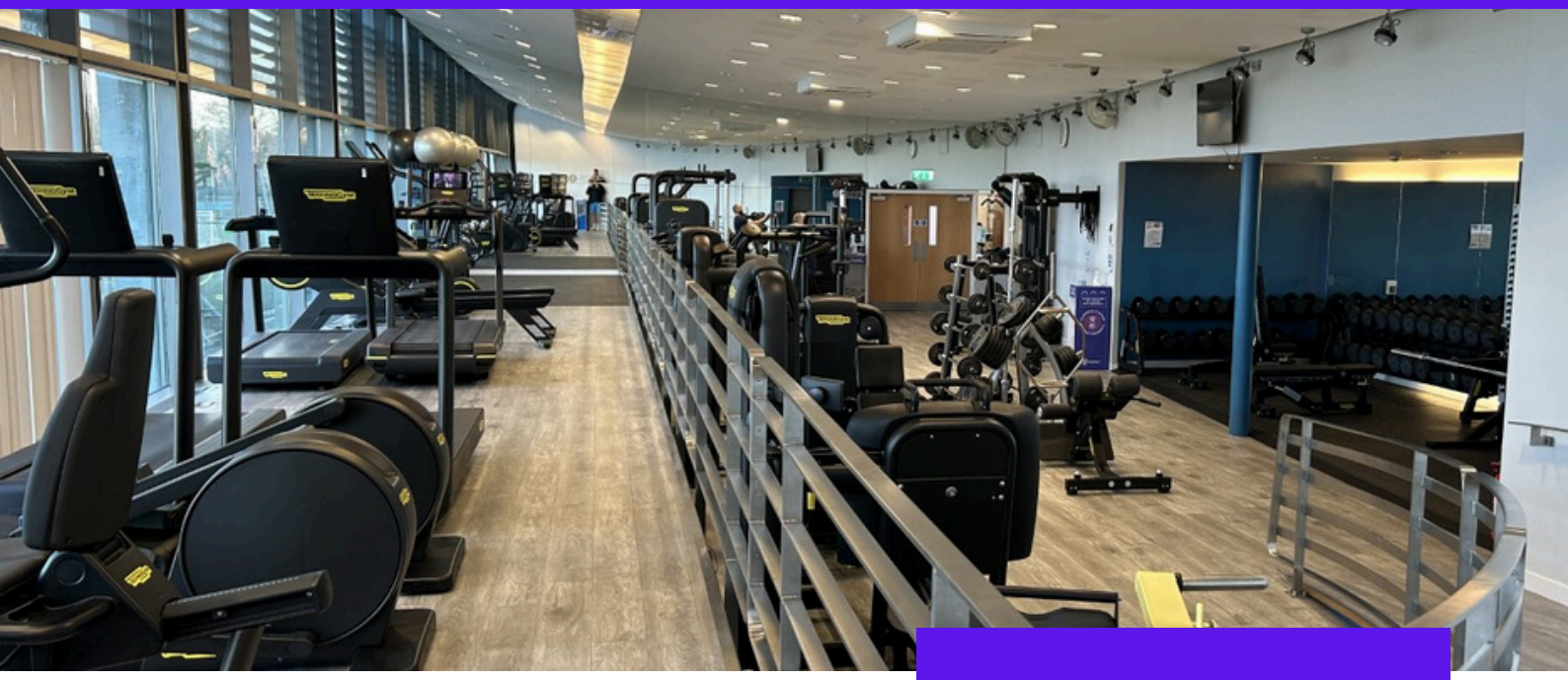
As always, we will have increased availability on our morning yoga sessions throughout the school half term!

**Follow us on Social Media!**

October

Ash Manor Sports Centre

# Newsletter



## Out of Order Gym Equipment

We appreciate that a lot of the gym equipment has been out of order for some time. We are doing all we can with this and the parts for repair are on their way. We apologise for any inconvenience caused

## 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!



During our recent engineer visit, we have been advised that holding onto the treadmill screen while walking at an incline can cause some serious damage, so please refrain from this and hold onto the handles provided!

## Please Wipe Down Gym Equipment!

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

## Equipment of the Month

### Pec/Reverse Flye

Have you tried our Pec/Reverse Flye 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!**