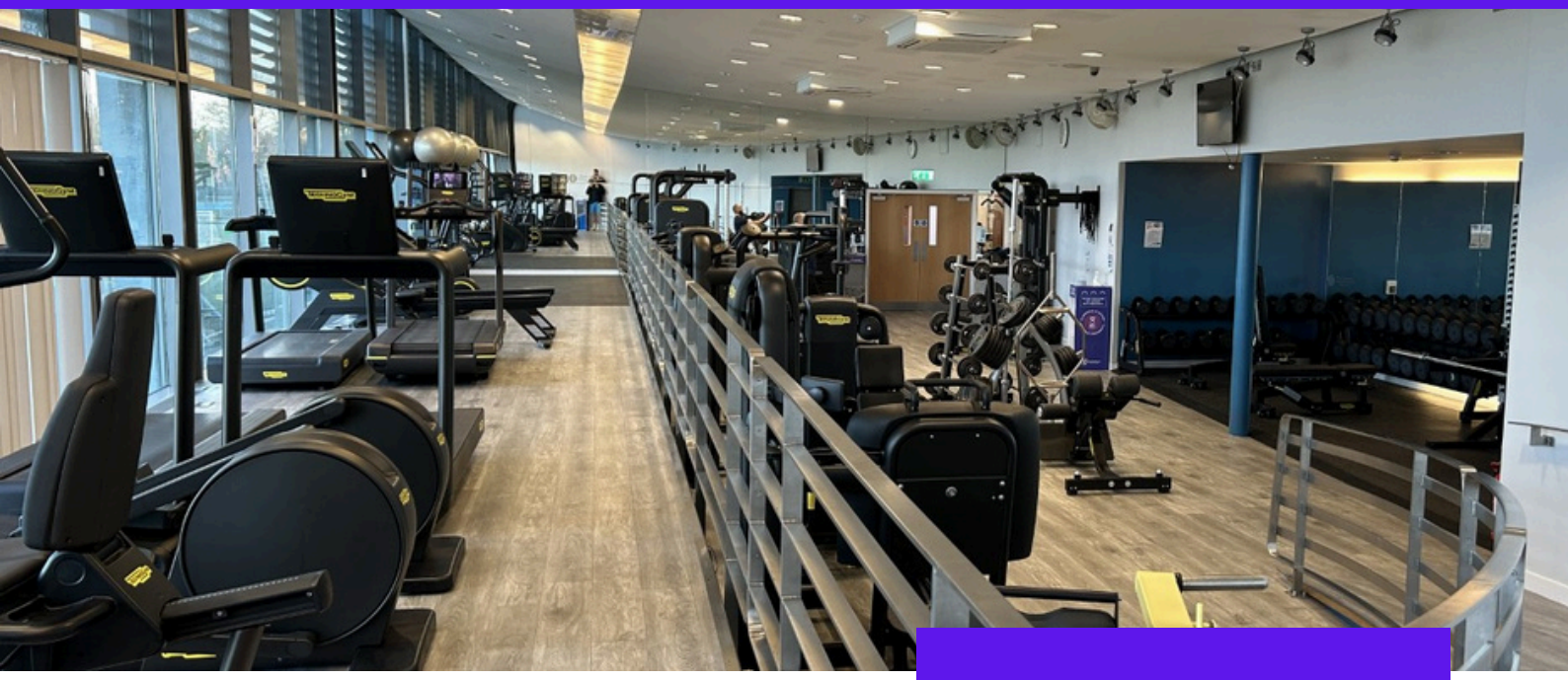
November

Ash Manor Sports Centre

Newsletter



Class of the Month - Strength & Conditioning

S&C is a class that teaches you how your body is designed to be used. Learn to stabilise what should be stable and mobilise what should be mobile! If you're tired of feeling rubbish, this is the class for you!

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

Saturday mornings 9-9.45am





Well done Amy!



Congrats to member Amy who completed the great south run in 1 hour and 50 mins!





Staff Departures





Sadly we lose two members of staff this month as we say goodbye to Hayley and Oscar as they leave us for new ventures

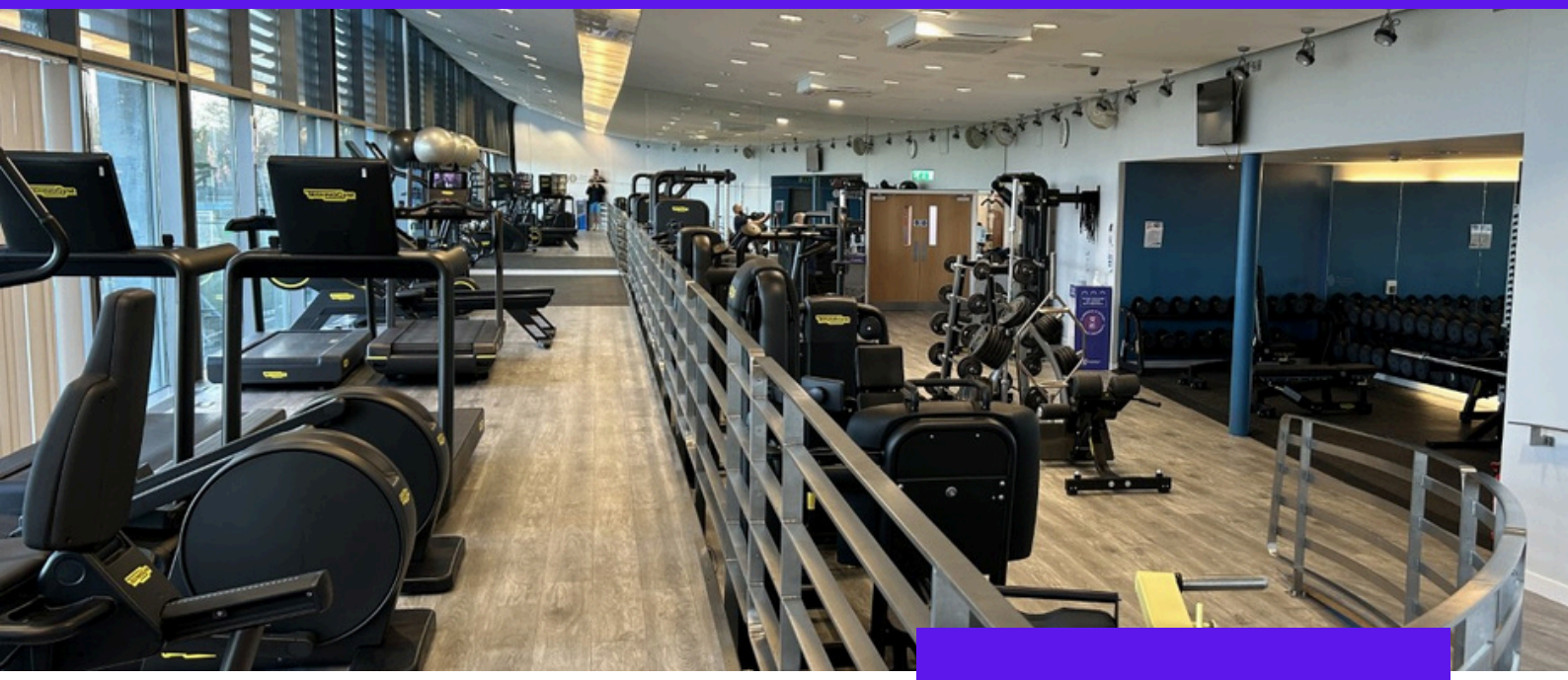
Take care both!

Follow us on Social Media!

November

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

Leg Curl/Extension Machine

Have you tried our Leg Curl/Extension 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!