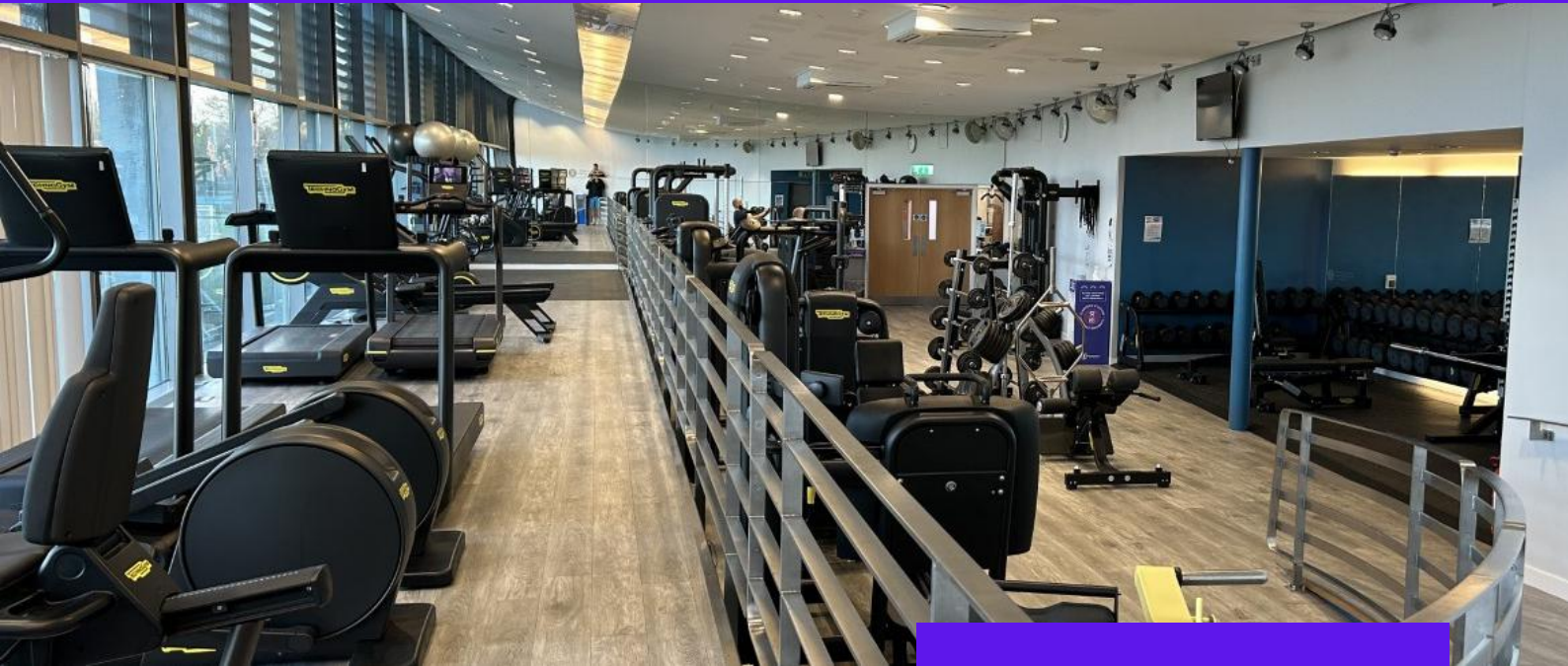


Newsletter



Class of the Month - Spinning

Ali's spin classes at AMSC offer a warm welcome to new starters of all levels and a fun group exercise experience. It's a high intensity, low impact, cardio workout which will challenge you to improve your strength and stamina. Just bring a towel, water bottle and your singing voice (optional) and we'll see you there!!

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

Wednesday evenings 6.30pm - 7.15pm & Saturday mornings 8.15am - 9am!



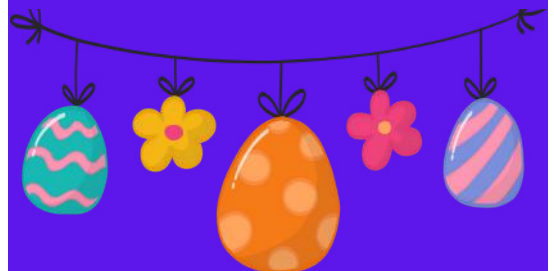
Not sure how to use a piece of equipment?

If you're ever stuck, scan the QR code on each machine to see a 10 second tutorial on that piece of kit.



Easter Opening Hours

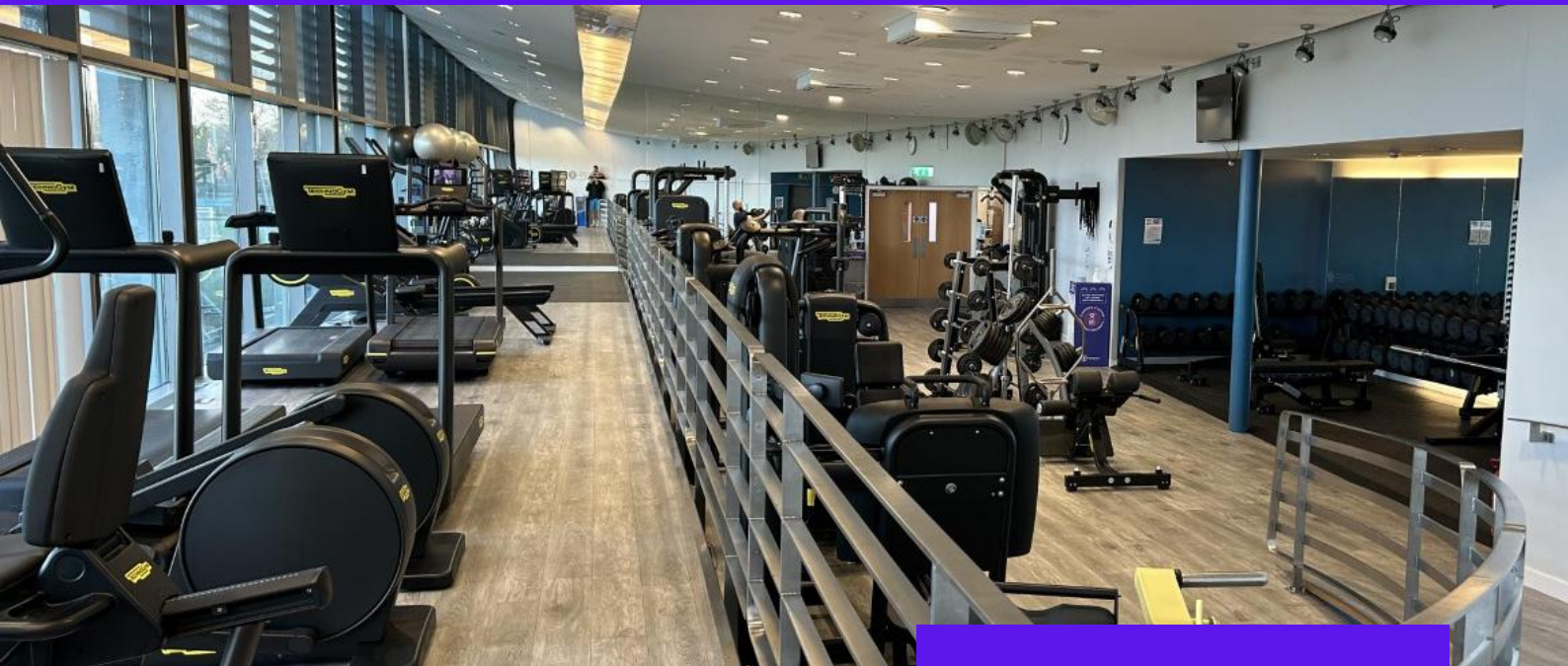
Good Friday (18th April)
8am-2pm
Saturday 19th April
8am-2pm
Easter Sunday (20th)
8am-2pm
Easter Monday (21st)
8am-2pm



Follow us on Social Media!



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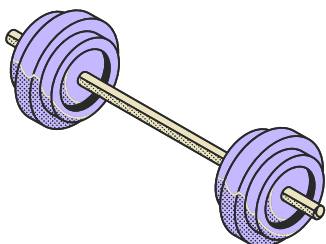
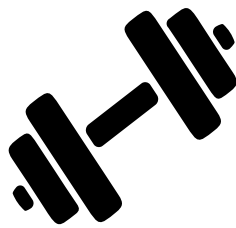


Easter Holidays

During the Easter school holidays we will have increased availability for hall and football pitch hire.

If you have our full membership you are able to book an indoor court during off peak times at no extra cost.

The best way to book is by giving us a call on 01252 325484.



Equipment of the Month

Hip Thrust

Have you tried our Hip Thrust 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!

