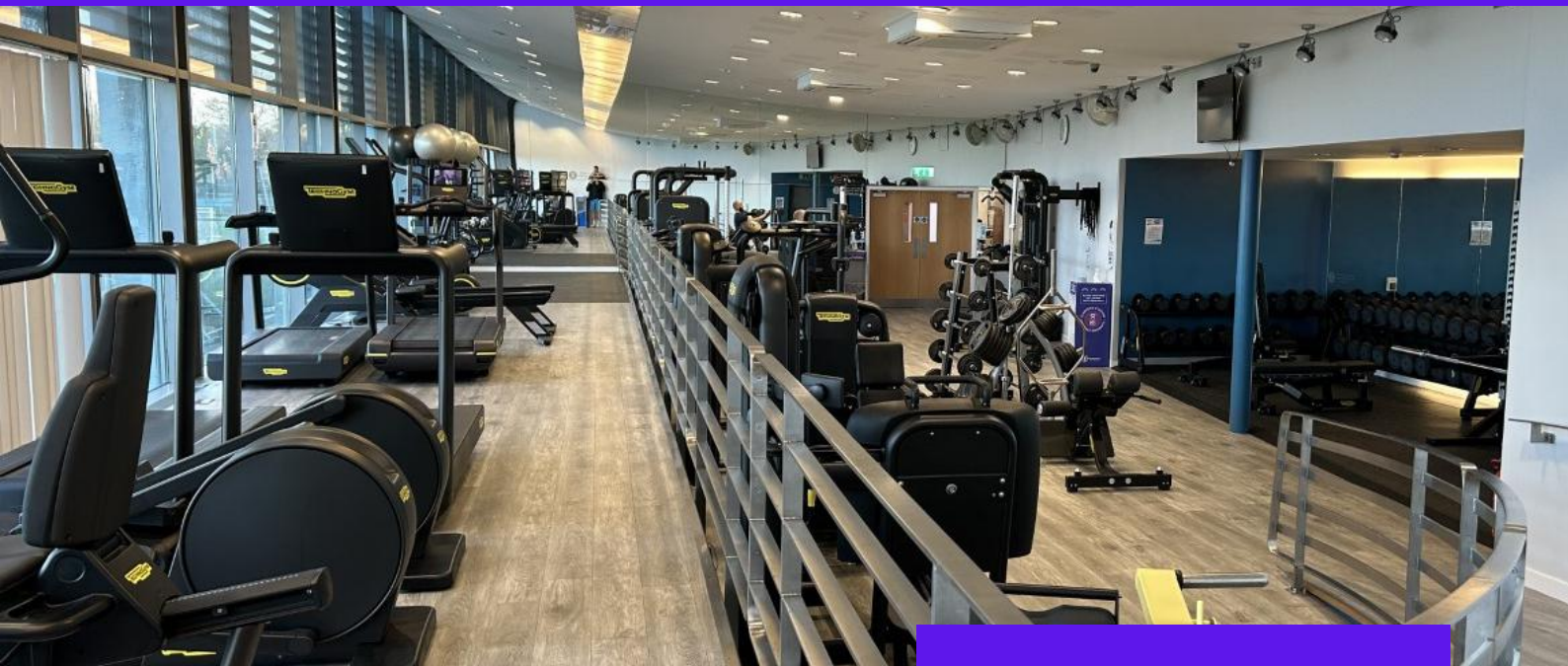


# Newsletter



## Class of the Month - Intervals

All ability class that consists of a series of repeated rounds of exercise ranging from several minutes to just a few seconds. This is a total body workout designed to get your body moving and increasing your heart rate.

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

Thursday evenings 6-6.45pm!



## Join our Back to School Appeal!

We are collecting donations for back-to-school items such as pencil cases, math sets and lunch boxes.

All items will be donated to The Salvation Army, to support students in need.

Please drop off any donations at reception before August 7th.



## Meet the Team

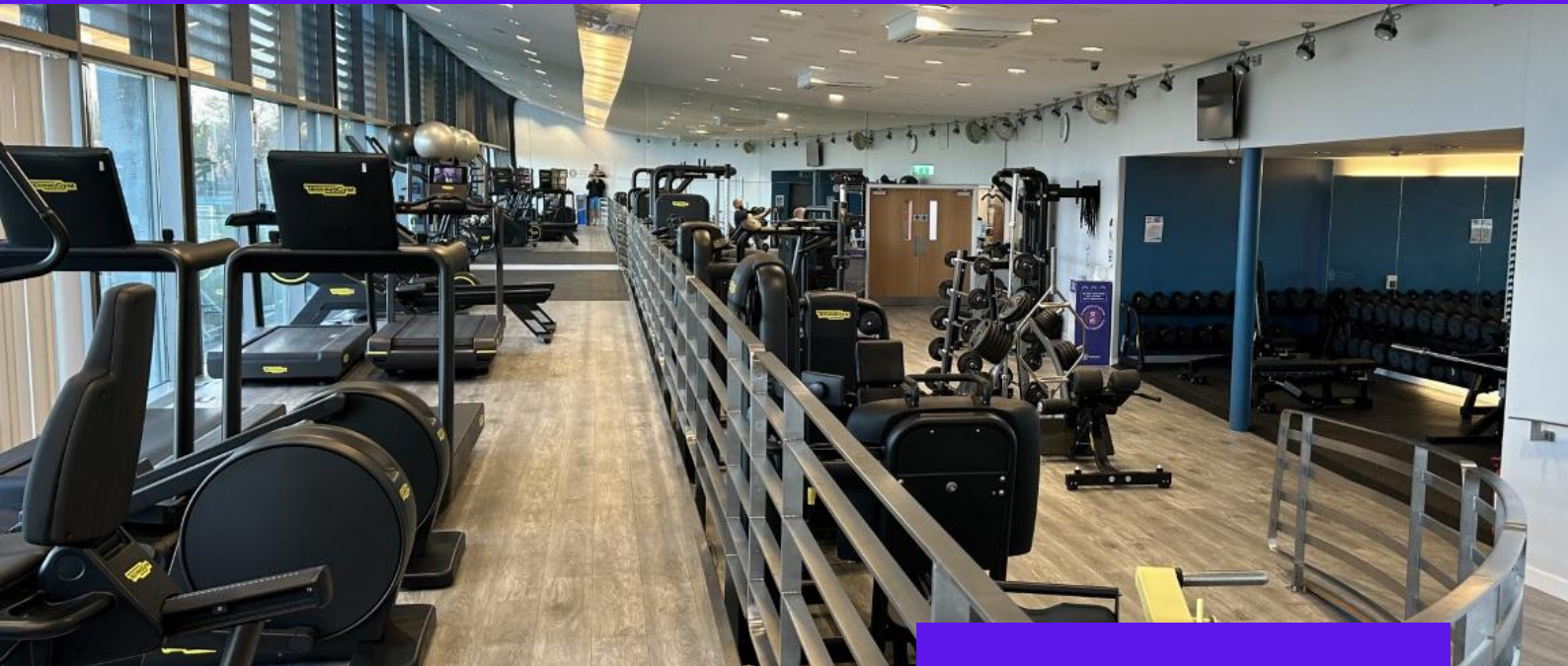


Meet Mollie, one of our new receptionists. She enjoys going to the beach and watching rom-coms. Dislikes include rats/mice, country music and crowded areas

Follow us on Social Media!



# Newsletter



## Group Exercise Timetable

Throughout August, there will be adjustments made to the group exercise timetable due to instructor holidays/absences.

Please keep an eye out on our social media channels for any updates.



Well done to spin instructor Ali who completed the Jurassic coast mighty hike while raising money for Macmillan Cancer Support!



## Equipment of the Month

### Low Row

Have you tried our Low Row 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!

