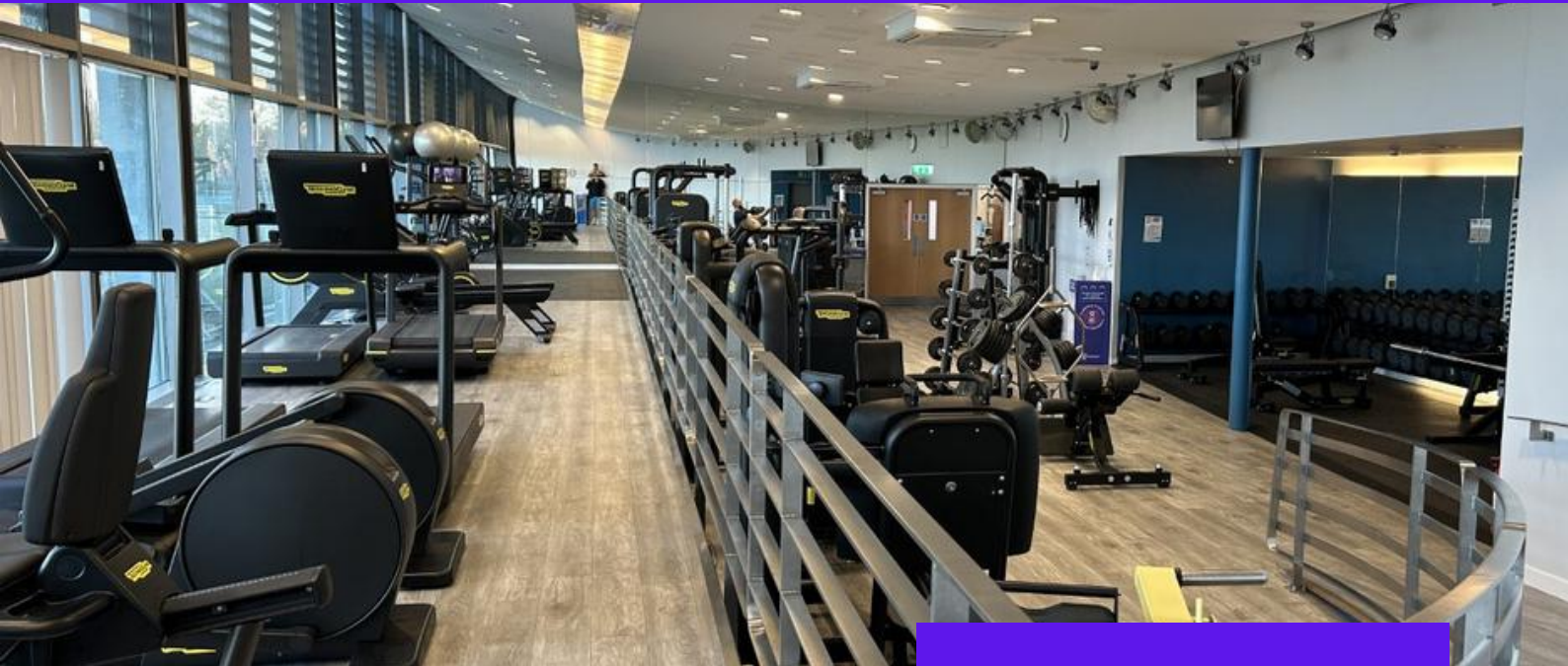


Newsletter



Thankyou for your continued support over the last 12 months. We'd like to take this opportunity to wish you and your families a Merry Christmas and a Happy New Year! We look forward to welcoming you back to AMSC in the New Year!



Christmas Jumper Day

On Thursday 12th December we will be raising money for Save the Children. Feel free to wear a Christmas jumper and donate!



Christmas Timetable

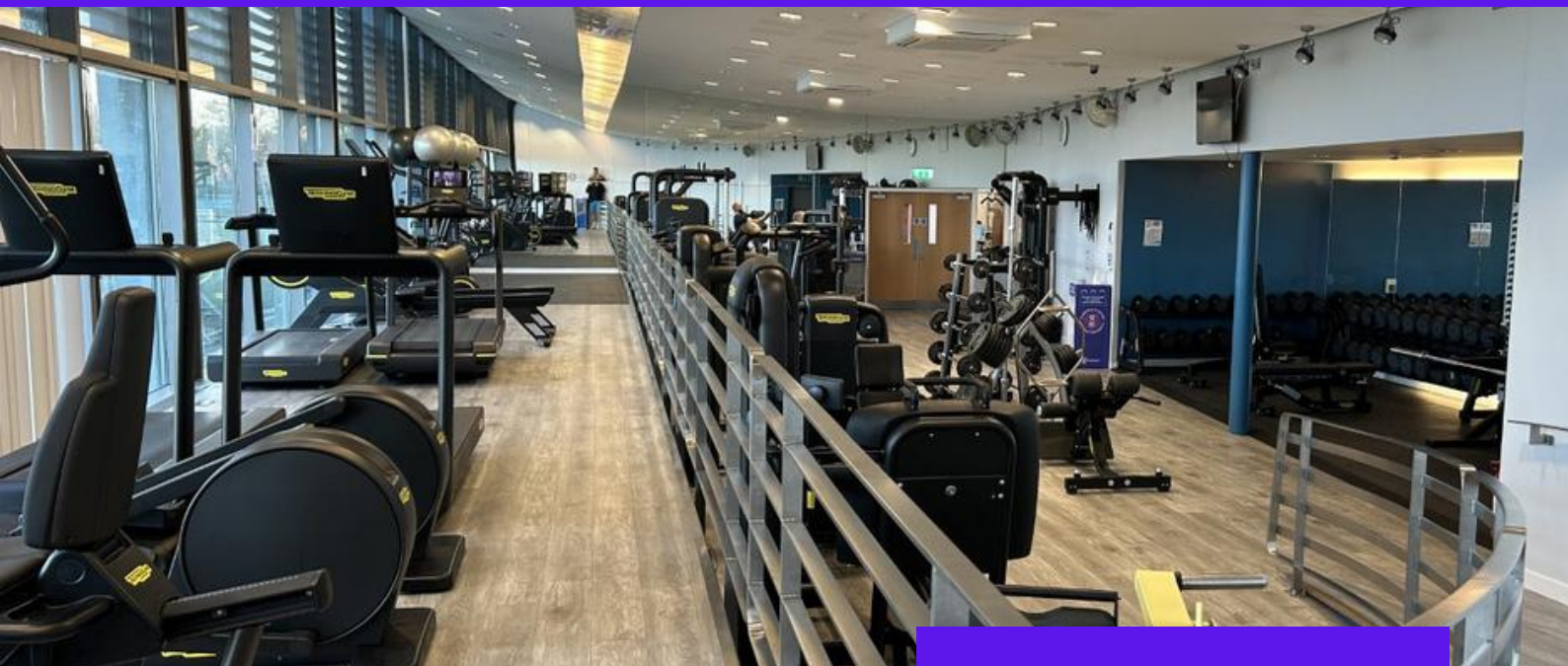
Keep an eye out for news on our reduced group exercise timetable over Christmas.

Classes will be back to normal from Thursday 2nd January!

Follow us on Social Media!



Newsletter



Xmas Opening Hours

- Monday 23rd Dec - 7am - 10pm
- Tuesday 24th Dec - 7am - 2pm
- Wednesday 25th Dec - CLOSED
- Thursday 26th Dec - CLOSED
- Friday 27th Dec - 8am - 2pm
- Saturday 28th December - 8am - 2pm
- Sunday 29th December - 8am - 2pm
- Monday 30th December - 8am - 2pm
- Tuesday 31st December - 8am - 2pm
- Wednesday 1st Jan - CLOSED
- Tuesday 2nd Jan - 7 am - 10 pm



New Timetable

Keep an eye out on social media and our website for our refreshed group exercise timetable that will be released later this month!

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!

