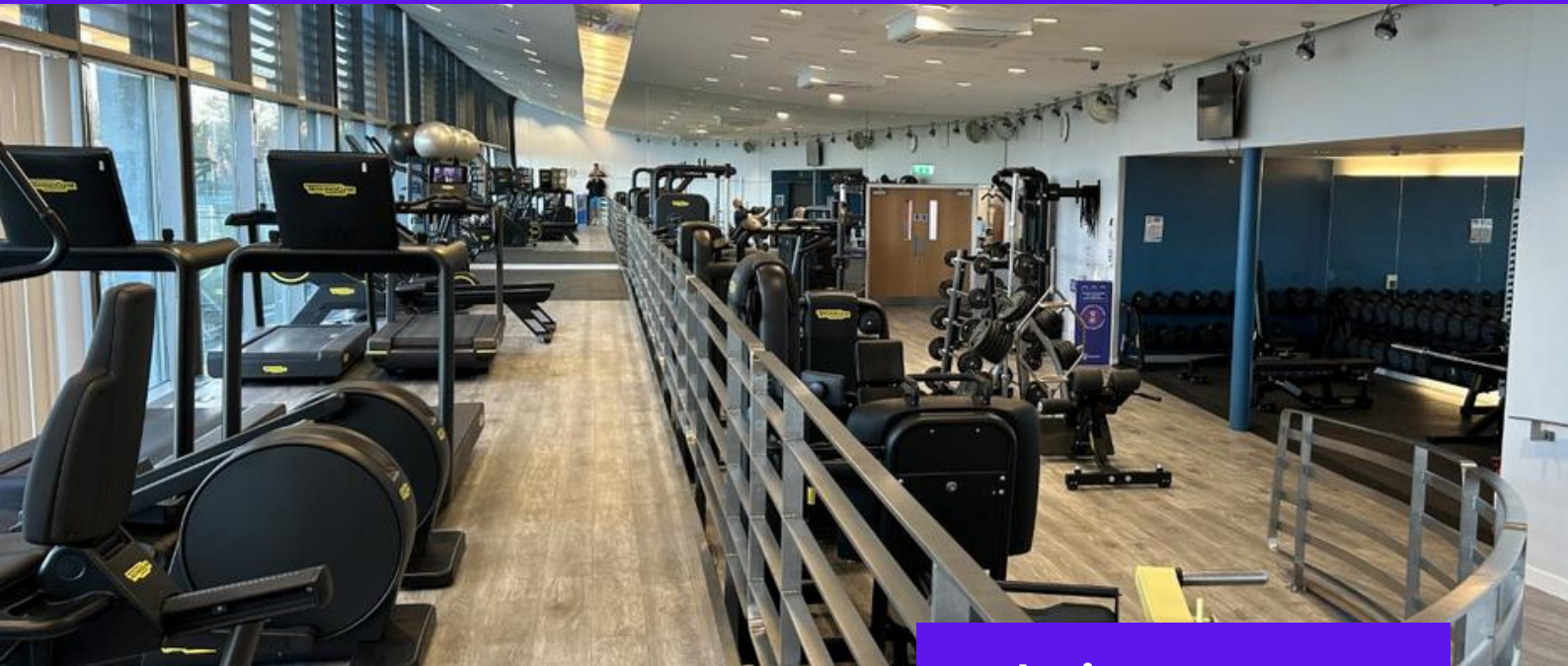


# Newsletter



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

Join us for Christmas jumper day on Thursday 11<sup>th</sup> December in aid of Save the Children



## Christmas Opening Hours

Christmas Eve: 7am-1pm

Christmas Day - CLOSED

Boxing Day - CLOSED

27th-31st: 8am - 2pm

New Years Day: CLOSED

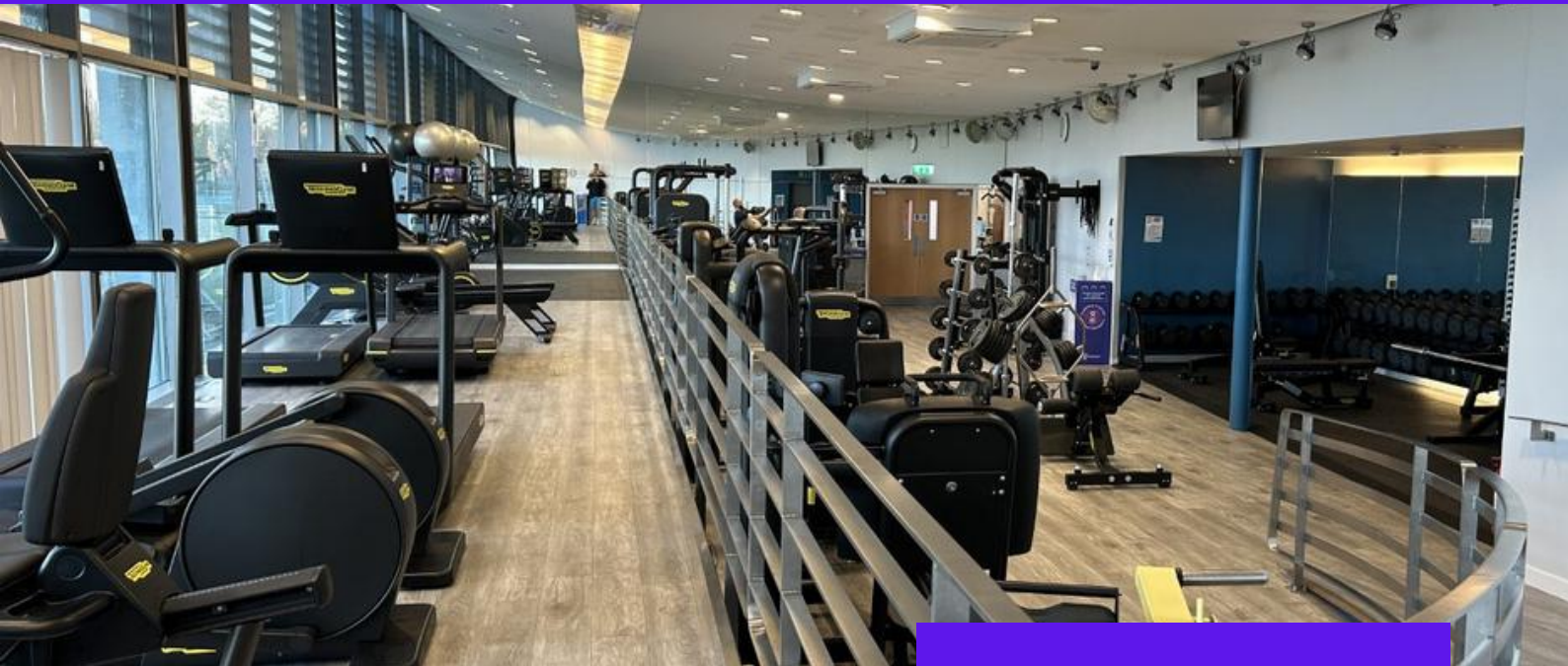
Back to 7am - 10pm from January 2nd

Christmas class timetable to be confirmed soon

Follow us on Social Media!



# Newsletter



## Be a Star!

This year we have been collecting for the 'Be a Star!' Christmas present appeal from November 17. Please hand your donations in at reception!



## Disabled Parking

This is a polite reminder to please display your blue badge when parking in our only designated disabled bay.

## Class of the Month - Tabata

Are you ready to push your limits?

Wednesday Tabata is here at 18.45 every week, short and intense it is HIIT training in its purest form - short bursts of extremely demanding activity alternated with short periods of rest.

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

Wednesday evenings 6.45-7.15pm!



## Equipment of the Month

### Leg Curl/Extension

Have you tried our Leg Extension/Curl 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!

