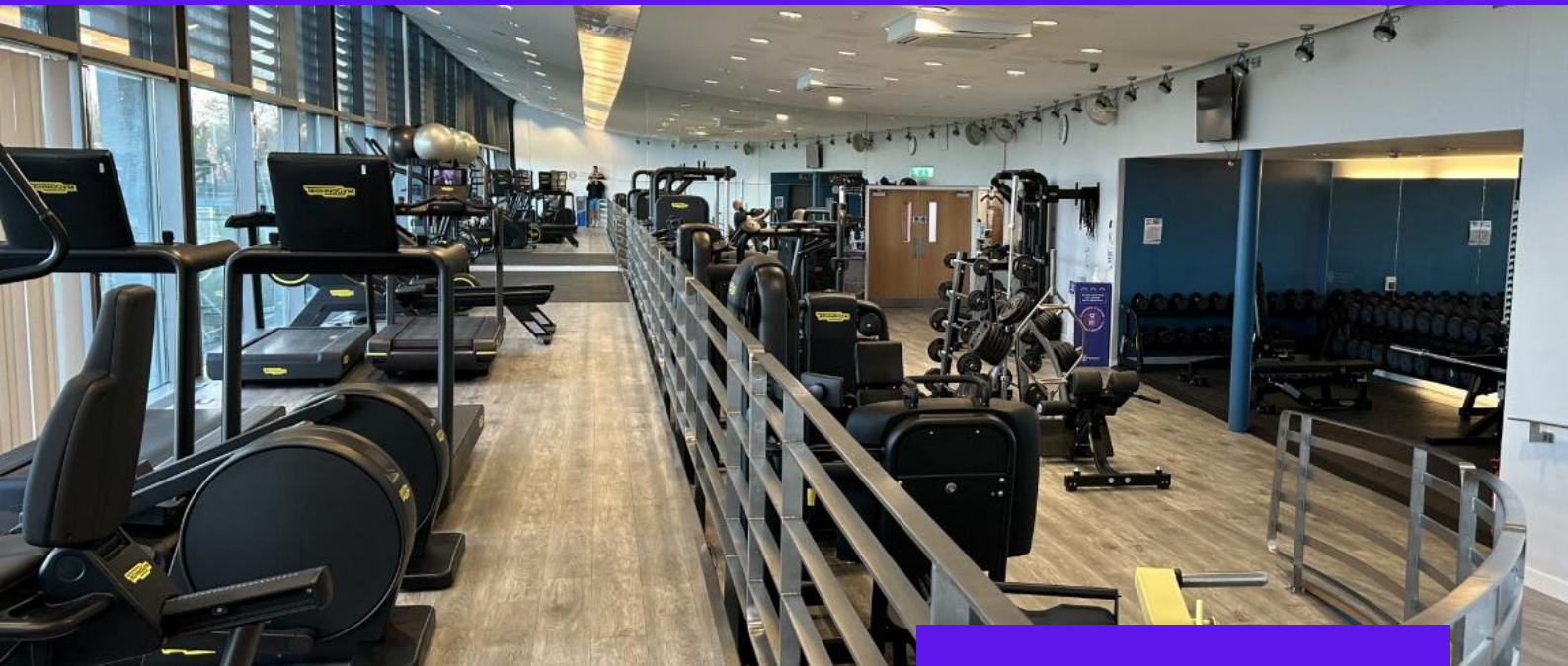


# Newsletter



## HAPPY NEW YEAR!

We at AMSC would like to wish all of our members a Happy New Year!

We hope you had a great Christmas period and we are happy to welcome you back for the new year!



### School Gym Usage

The gym will be closed to the public on the following days and times:

Monday 9:10-10:10am & 1:55-2:55pm  
 Tuesday 1:55-2:55pm  
 Wednesday 1:55-2:55pm

Monday **13th, 20th, 27th** January  
 Tuesday **7th, 14th, 21st, 28th** January  
 Wednesday **8th, 15th, 22nd, 29th** January

Happy New Year



## Equipment of the Month

### Pec/Reverse Flye

Have you tried our Pec/Reverse Flye machine in the gym?

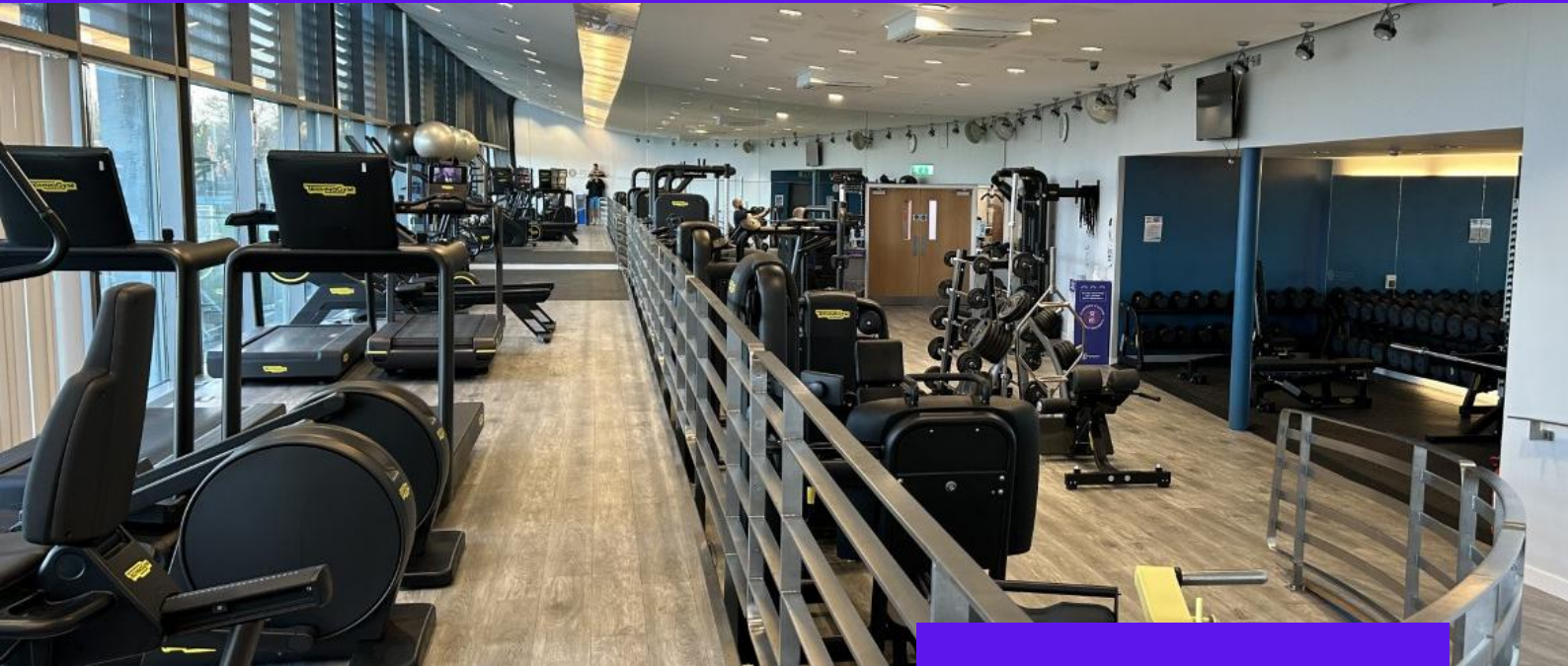
Trying a new machine can be daunting, so why not take a look at our video tutorials on Instagram and Facebook?

Otherwise, chat to one of our instructors and they will be happy to help!

Follow us on Social Media!



# Newsletter

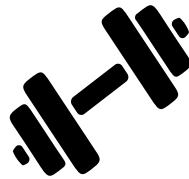


## Class of the Month - Interval Training

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 January and bring a friend for free!

Thursday Evenings 6 - 6.45pm!



## Weight Training

Weight training has been shown to have many benefits, including:

- Improved muscle strength
- Better bone health
- Weight management
- Improved heart health
- Reduced risk of injury
- Improved mood
- Reduced stress and anxiety
- Improved thinking skills
- Better balance
- Improved posture
- Improved sleep

## New Years Resolution?

Need a plan to work towards?

Come and book in with one of our instructors if you would like help working on your New Years Resolution!



Follow us on Social Media!

