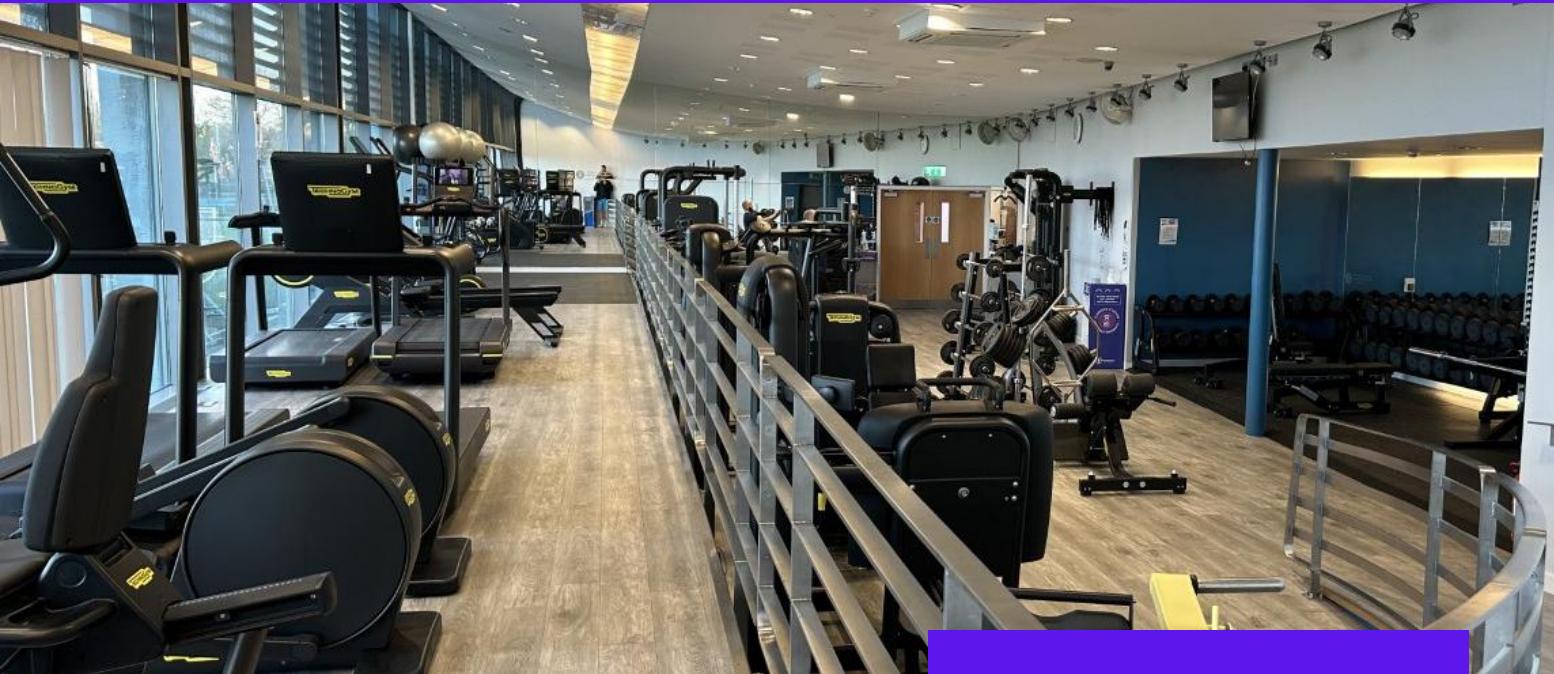


Newsletter



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!



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?

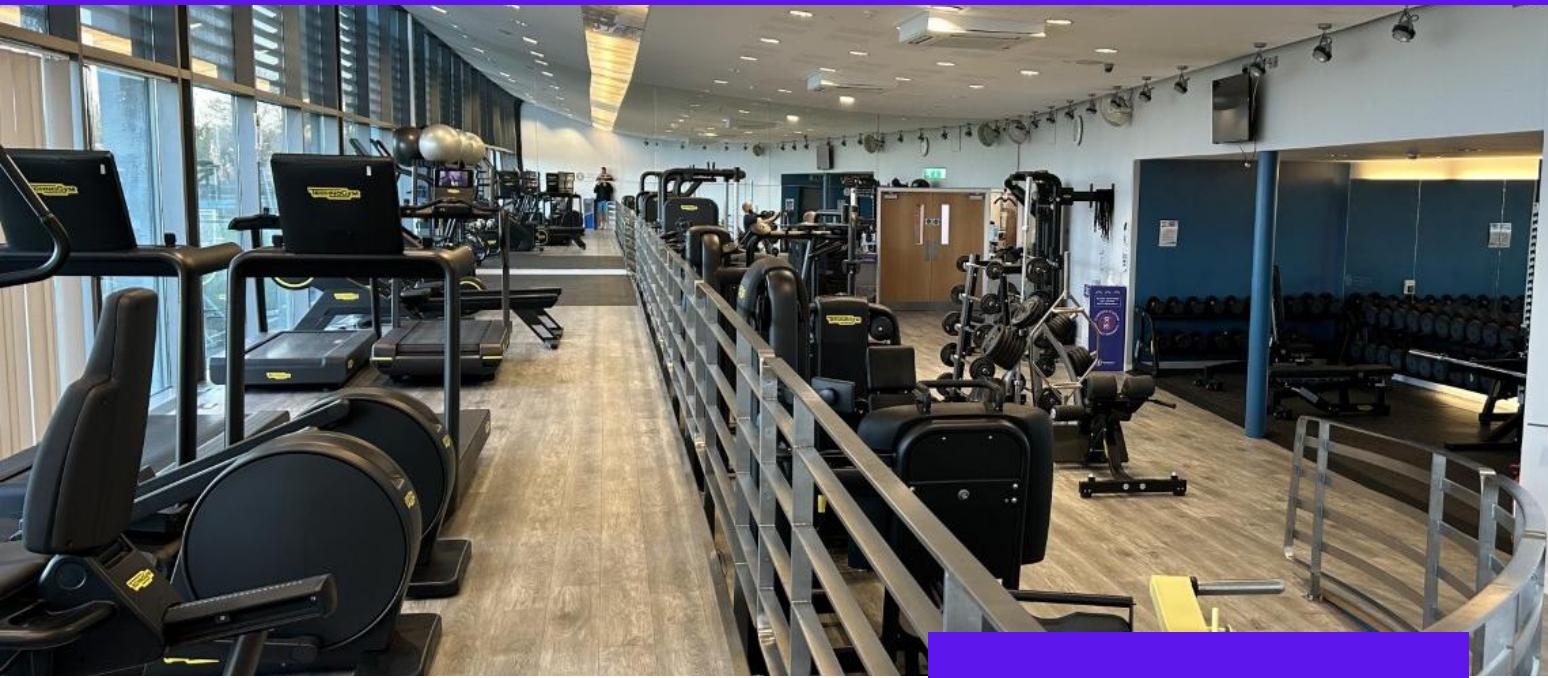
Come and book in with one of our instructors if you would like help working on your New Years Resolution!



Follow us on Social Media!



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 January and bring a friend for free!

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



Disabled Parking

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



Equipment of the Month

Hip Adductor/Abductor

Have you tried our Hip Ad/Abductor 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!

