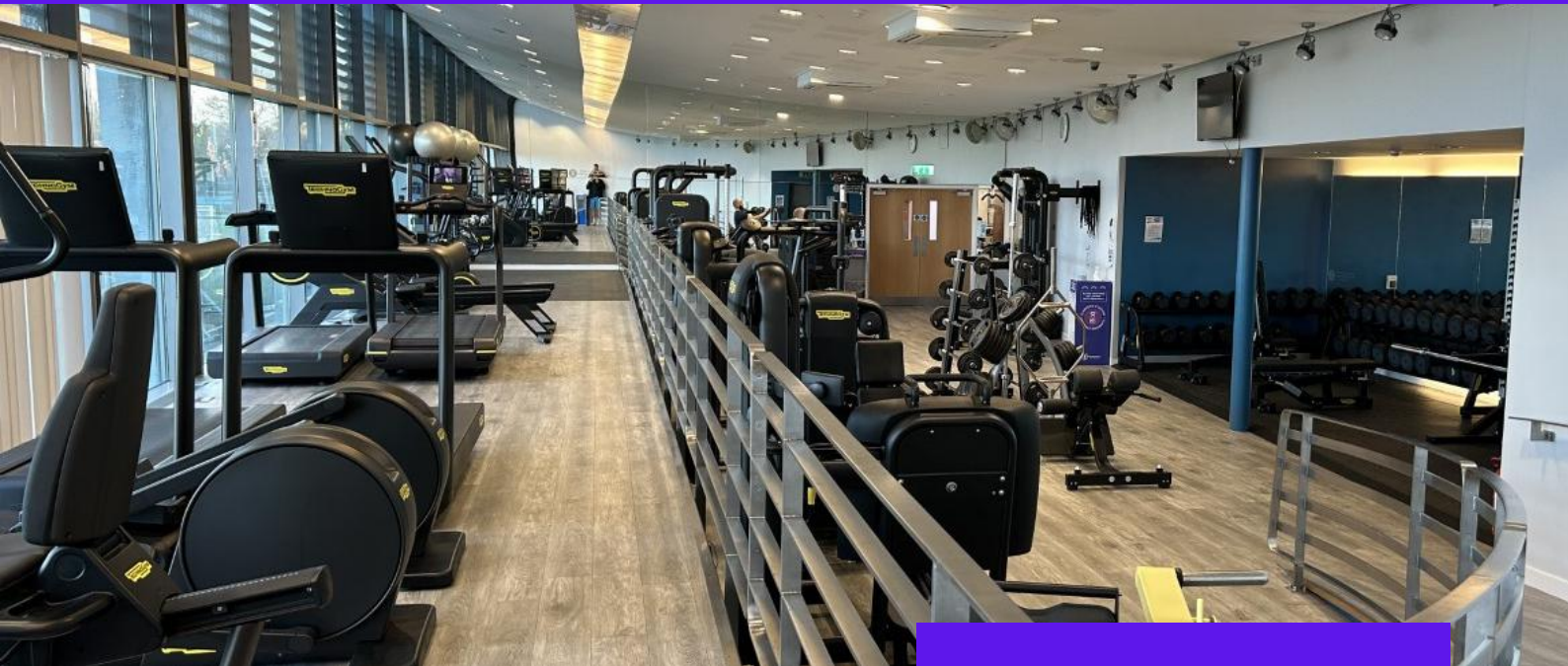


# Newsletter



## 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?

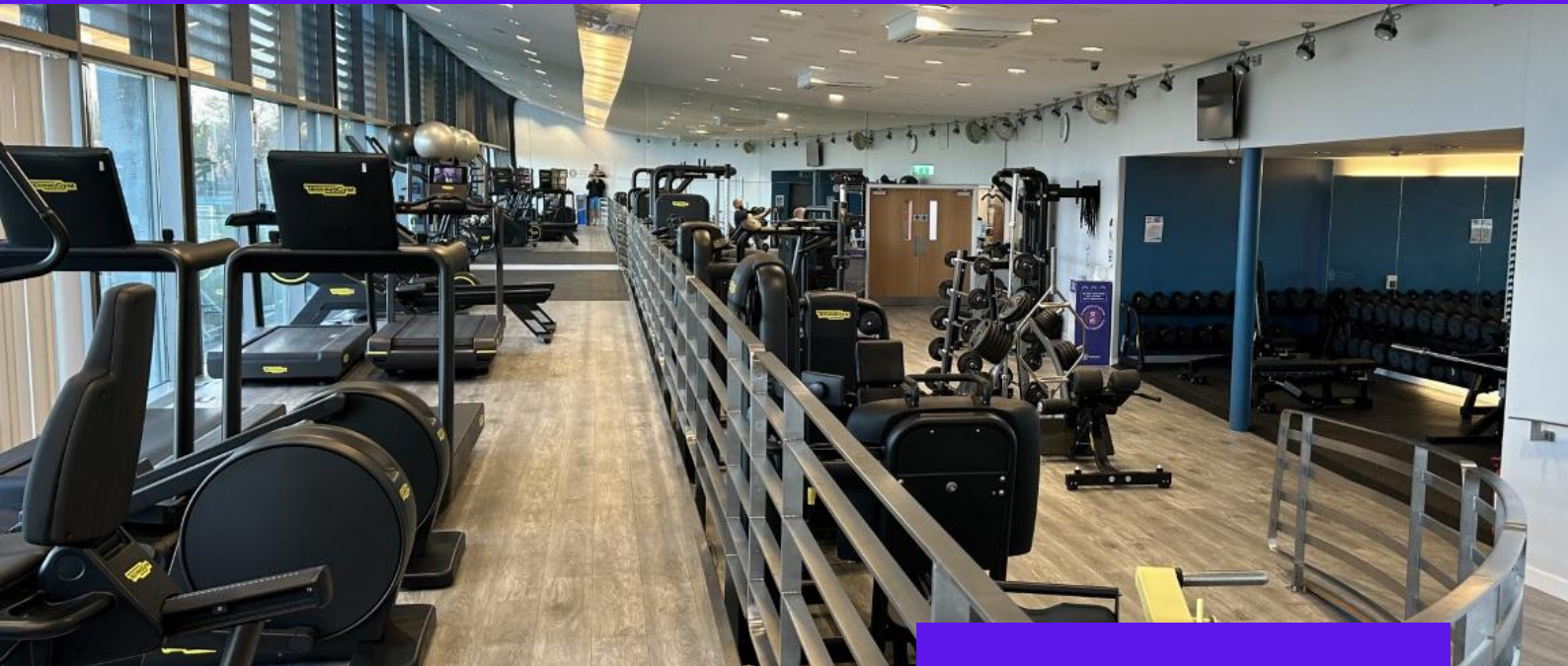
Come and book in with one of our instructors if you would like help working on your New Years Resolution!

**2026**  
Happy New Year!

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!

