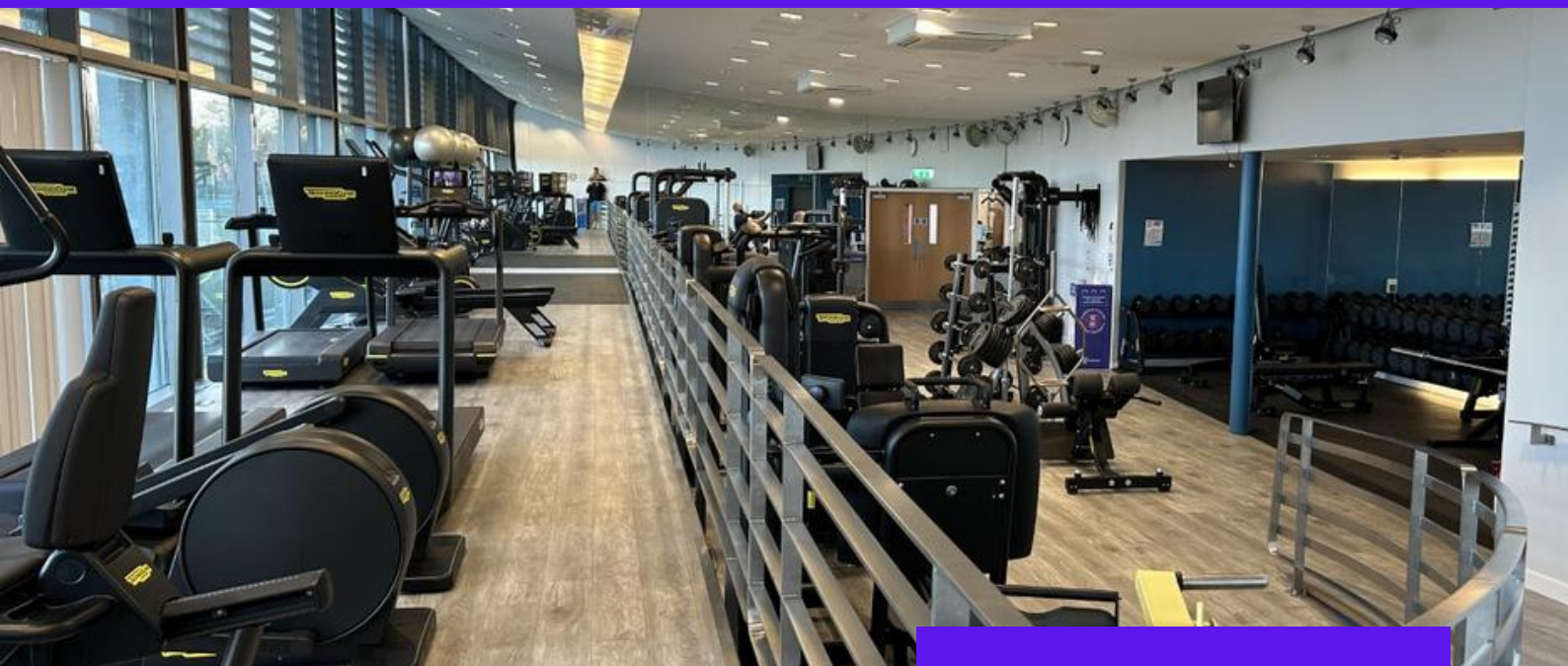


Newsletter



Class of the Month - LBT

A low impact conditioning class. It focuses on mobility and strengthening exercises, using a variety of small equipment, including hand weights, blocks, mini balls and bands.

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

Thursday evenings 6.45pm - 7.30pm!



Get in Shape for Summer!

Do you need help in the gym in the lead up to summer? Book in with one of our fitness instructors today!

As the temperature rises, remember to keep hydrated!



Meet the Team

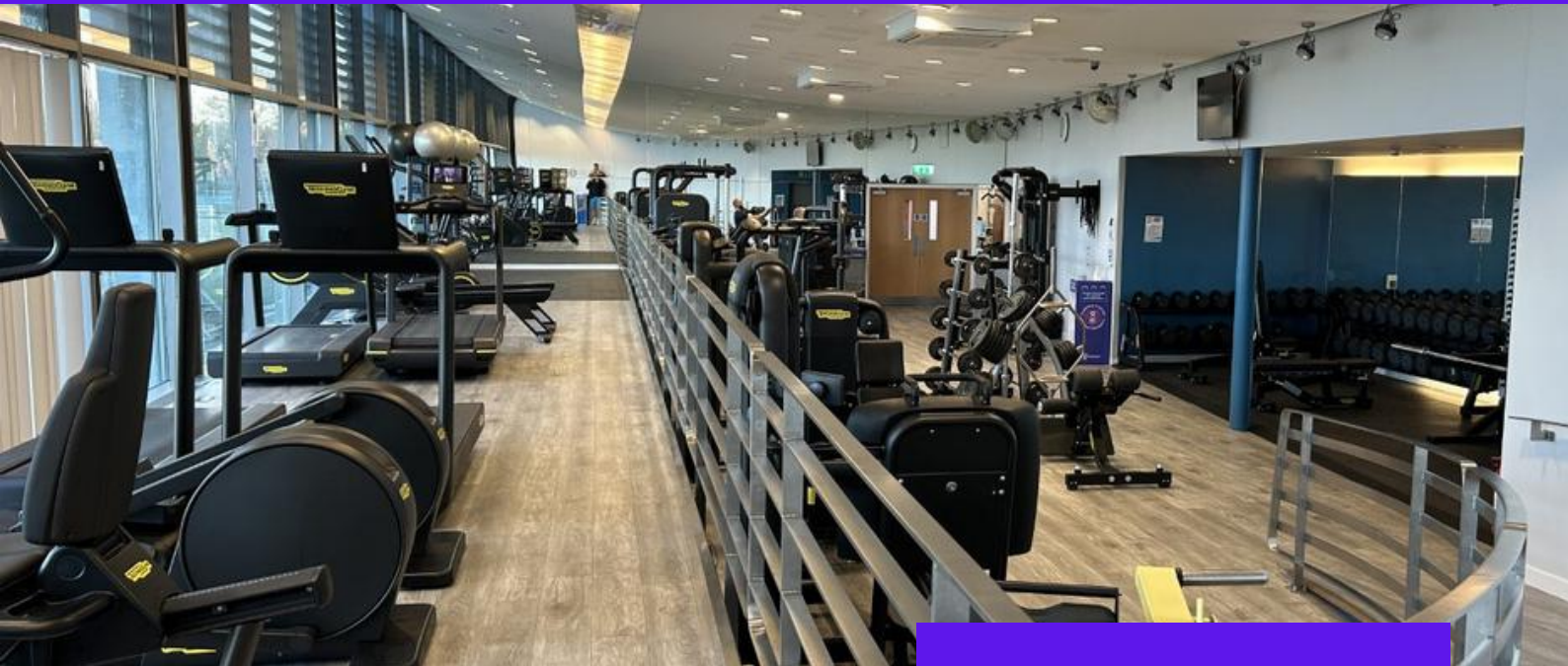


Meet Joe, our new duty manager here at AMSC. He likes American football and travelling. Dislikes include running, and Bulgarian split squats.

Follow us on Social Media!

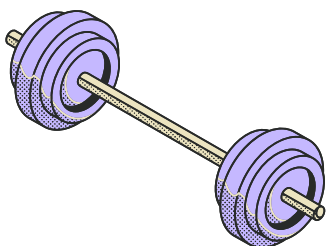


Newsletter



SkillRun

As you may have seen over the past month or so, the SkillRun has been out of action. We have had the maintenance crew out to diagnose the problem, and after a few complications, we finally have the correct part on the way. This will hopefully be fixed in the next couple of weeks. We apologise for any inconvenience caused!



Stay Hydrated!

From our blood system carrying essential glucose, oxygen and nutrients to cells, to the kidneys getting rid of waste products we no longer want, fluid in the body is vital to allow these to occur. It also lubricates our joints and eyes, helps our digestive system function and keeps our skin healthy

Equipment of the Month

Leg Press

Have you tried our Leg 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!

