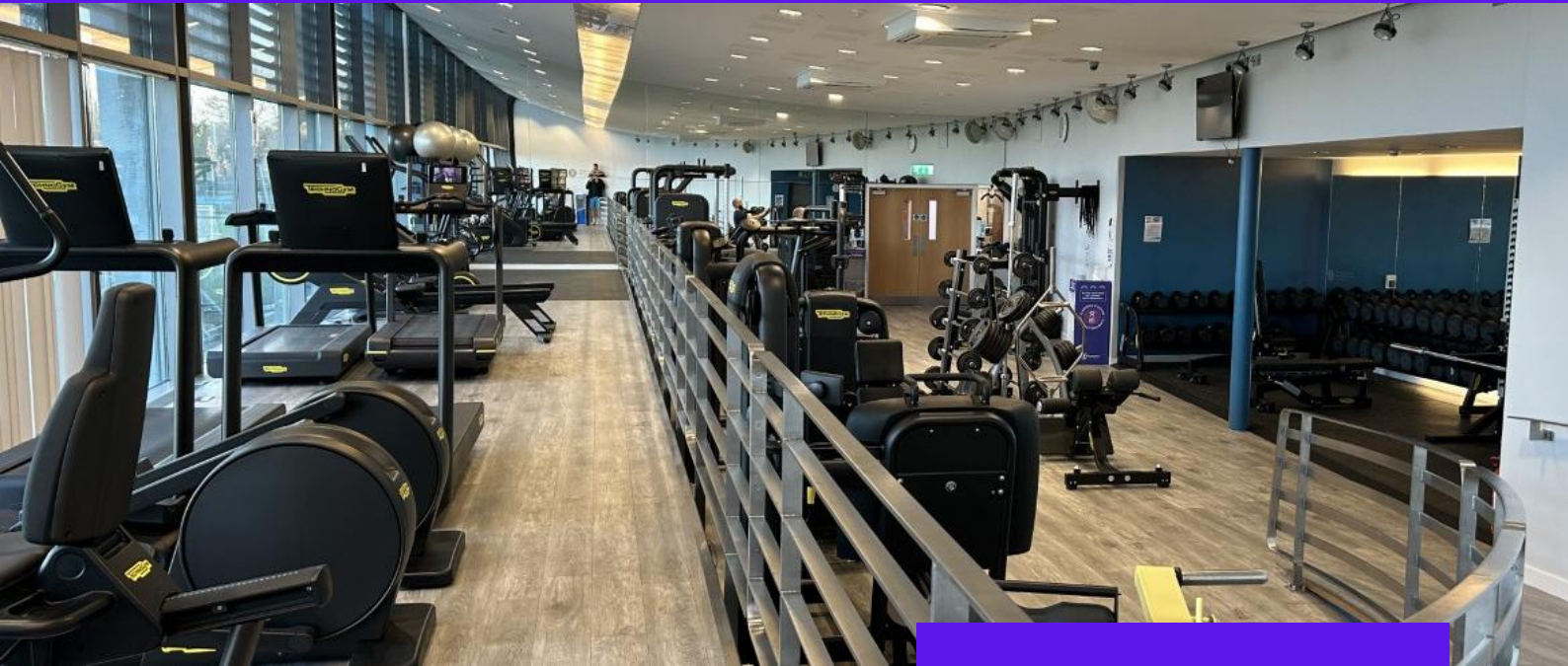


Newsletter



Class of the Month - Tabata



Tabata is an interval based class where you will do different exercises for short bursts of time! Appropriate for all fitness levels.

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

Wednesday evenings
6.45pm - 7.15pm!

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
Thursday 1:55-2:55pm
Friday 1:55-2:55pm

Every Weekday in March



Not sure how to use a piece of equipment?

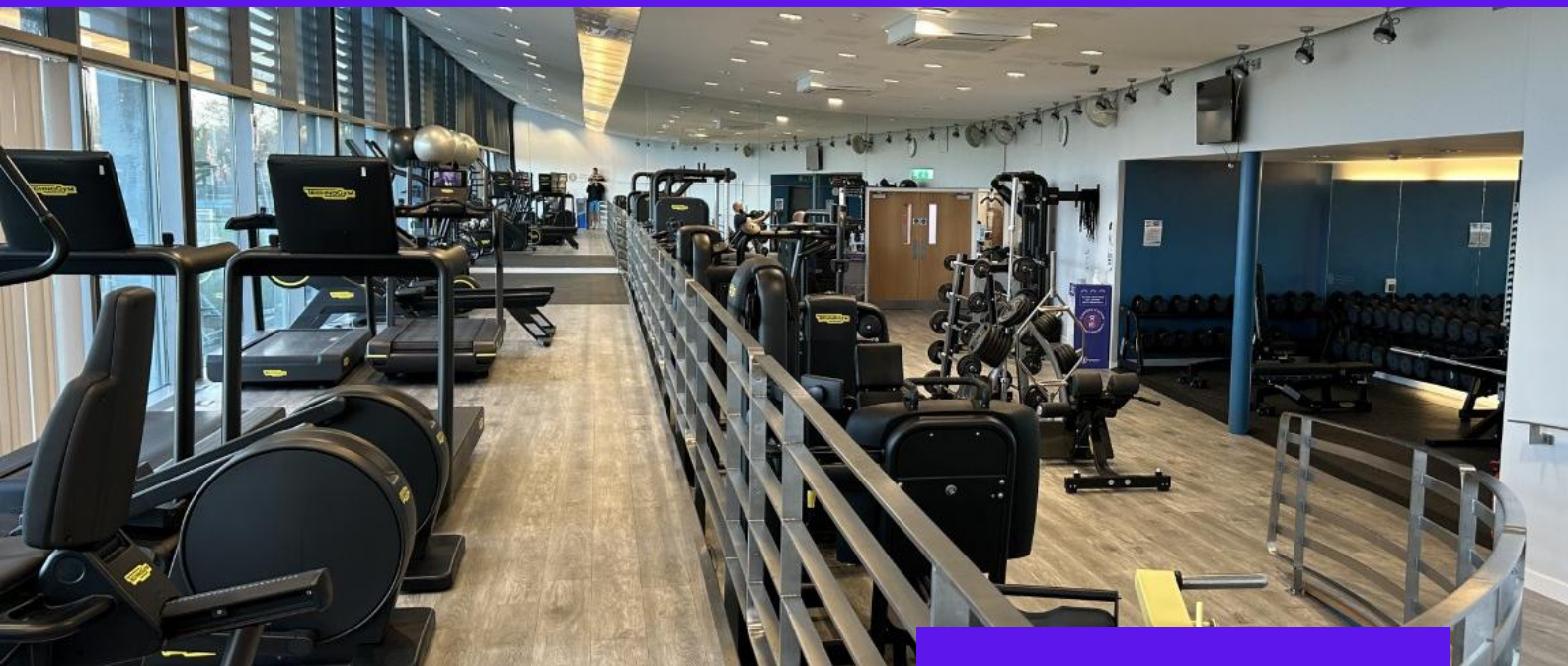
If you're ever stuck, scan the QR code on each machine to see a 10 second tutorial on that piece of kit.



Follow us on Social Media!



Newsletter



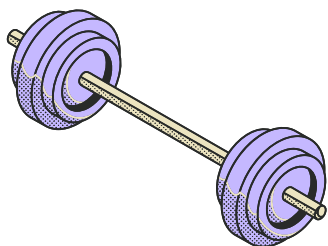
Did you know?

We get questions every week about our barbells, do you know how much they weigh?

Straight Olympic Bars - 20kg

Trap bar - 30kg

EZ Bar - 7.5kg



Please Remember to Cancel Classes

Throughout February we have unfortunately been in the position where we have been forced to turn people away from fully booked classes, only for people to not show up and leave the class with less people.

Please take this as a polite reminder to cancel your classes if you are unable to attend, you can do this online, or over the phone.

Equipment of the Month

Hip Adductor/Abductor

Have you tried our Adductor/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!

