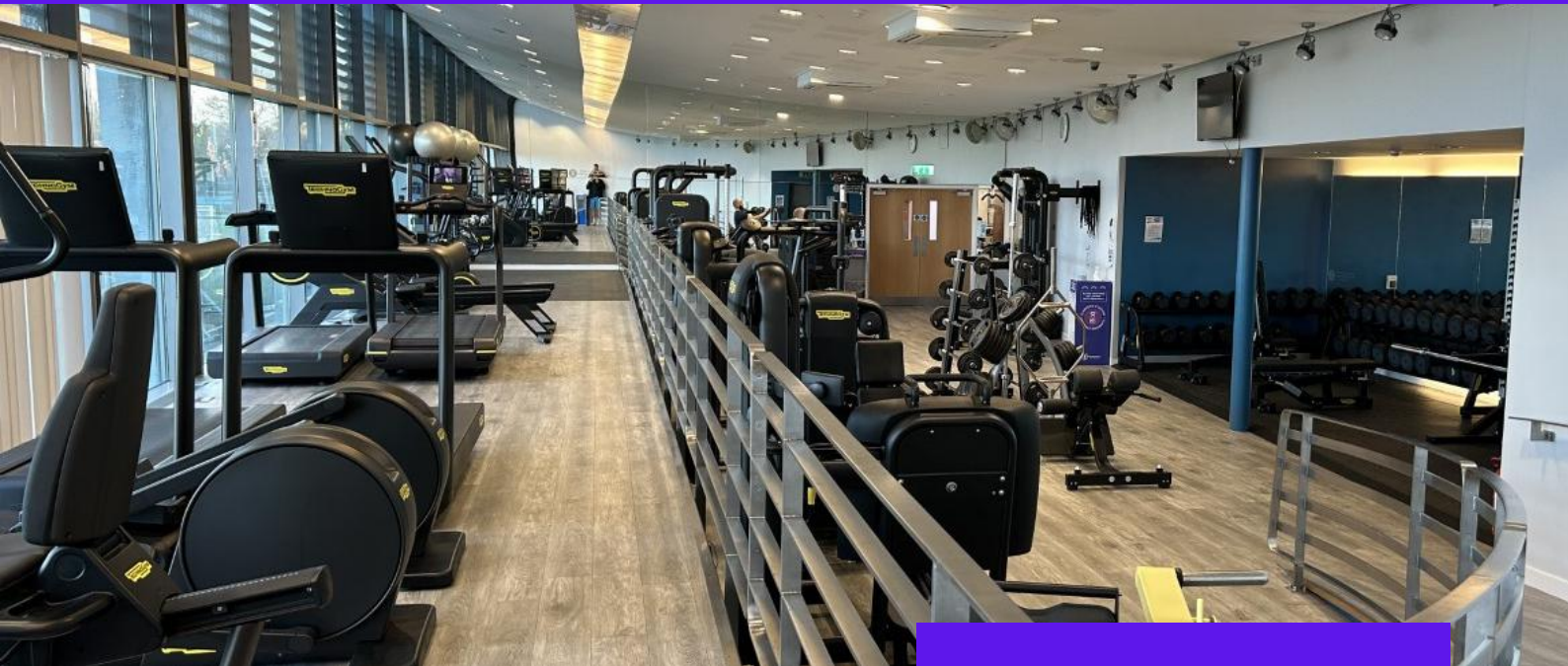


Newsletter



Class of the Month - Core

Finally a class that is not just endless sit ups! A whole body approach to strengthening what keeps you upright and strong, we all know we need to do more core work, and this is the class to do it.

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

Wednesday evenings 7.15pm - 7.45pm!



Staffing Changes

Last month we said goodbye to our Duty Manager Jack, who is jetting off to Spain to begin his training to become a pilot.

This month we will say goodbye to receptionist Oscar. Who is off to travel the world!

We hope to see them both again soon, thanks for everything!



Bank Holiday Opening Hours

Monday 5th May
8am-6pm

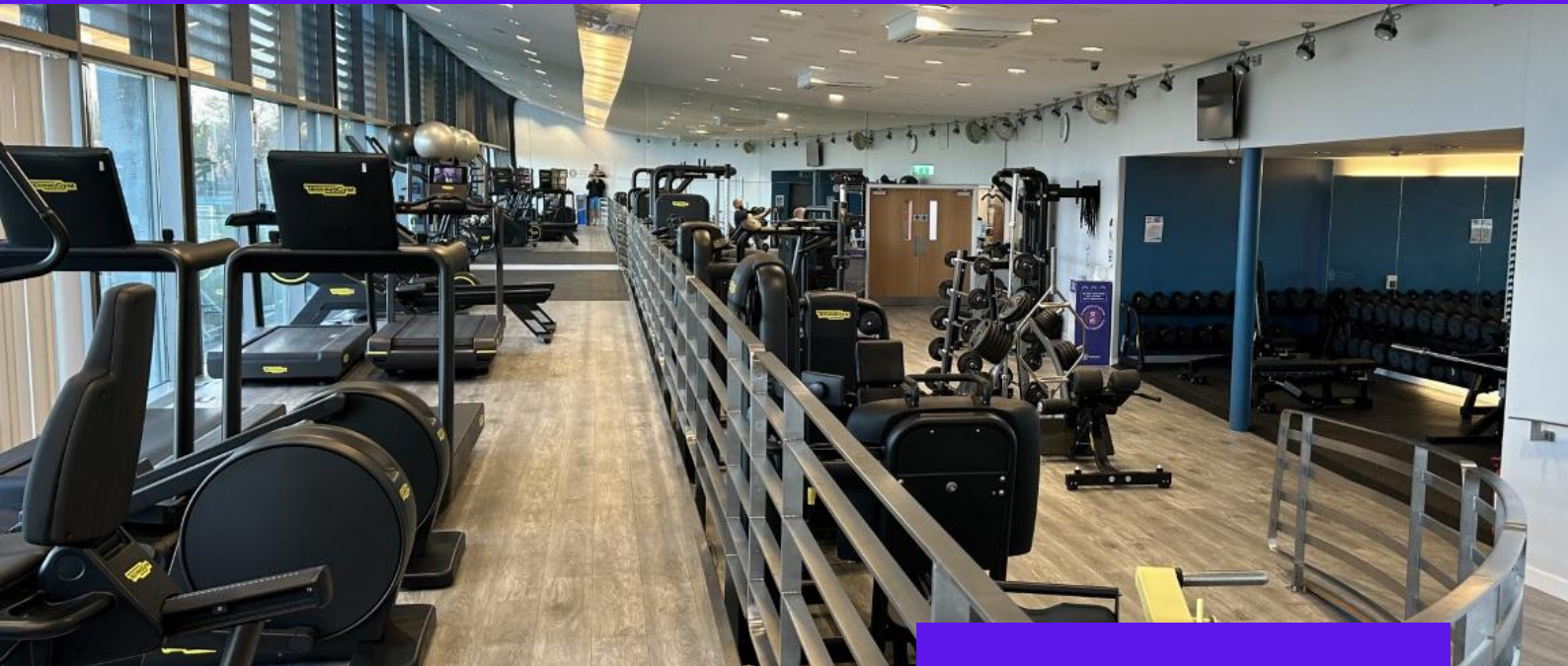
Monday 26th May
8am-6pm

All classes are
cancelled on these
days.

Follow us on Social Media!

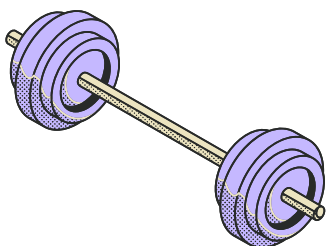


Newsletter



SkillRun

As you may have seen over the past couple of weeks, the SkillRun has been out of action. We have had the maintenance crew out to diagnose the problem but it is going to take 2-3 weeks for the part we need to arrive. We apologise for any inconvenience caused!



Sleep Well!

Did you know how beneficial good quality sleep is towards your fitness goals?

- Repairs tissues
- Supports growth and development
- Regulates metabolism
- Improves athletic performance
- Strengthens immune system

These are just the physical benefits, there are a host of other mental benefits too!

Equipment of the Month

Assisted Pull-up/Dip

Have you tried our Assisted pull-up/Dip 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!

