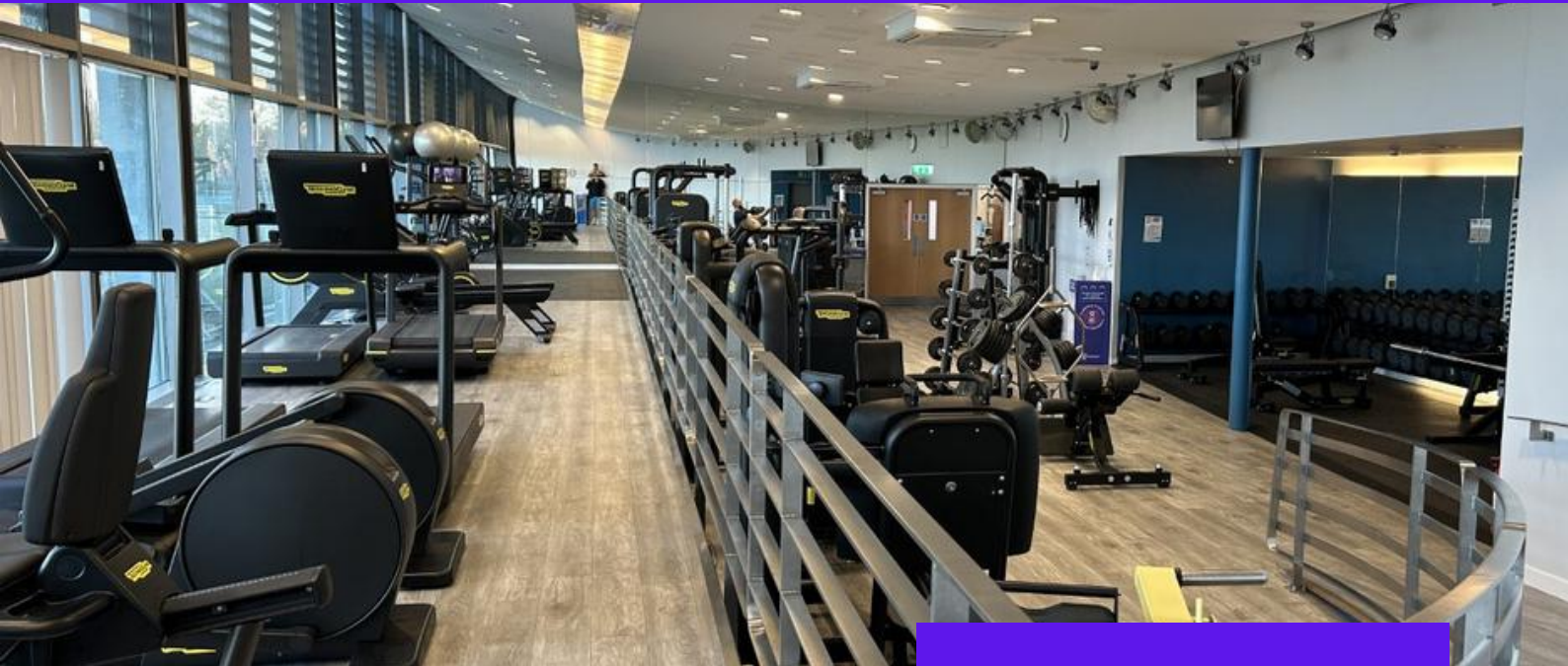


Newsletter



Class of the Month - Circuits

In his own unique style, Ben delivers strengthening exercises suitable for all ages and abilities. Mostly using body weight to strengthen your big muscle groups - your butt, your trunk, thighs and more, all interspersed with the odd game or two!

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

Saturday Mornings
09.45-10.30



Halloween at AMSC!

If you are coming into one of our classes on Halloween make sure to come in fancy dress!

Meet the team



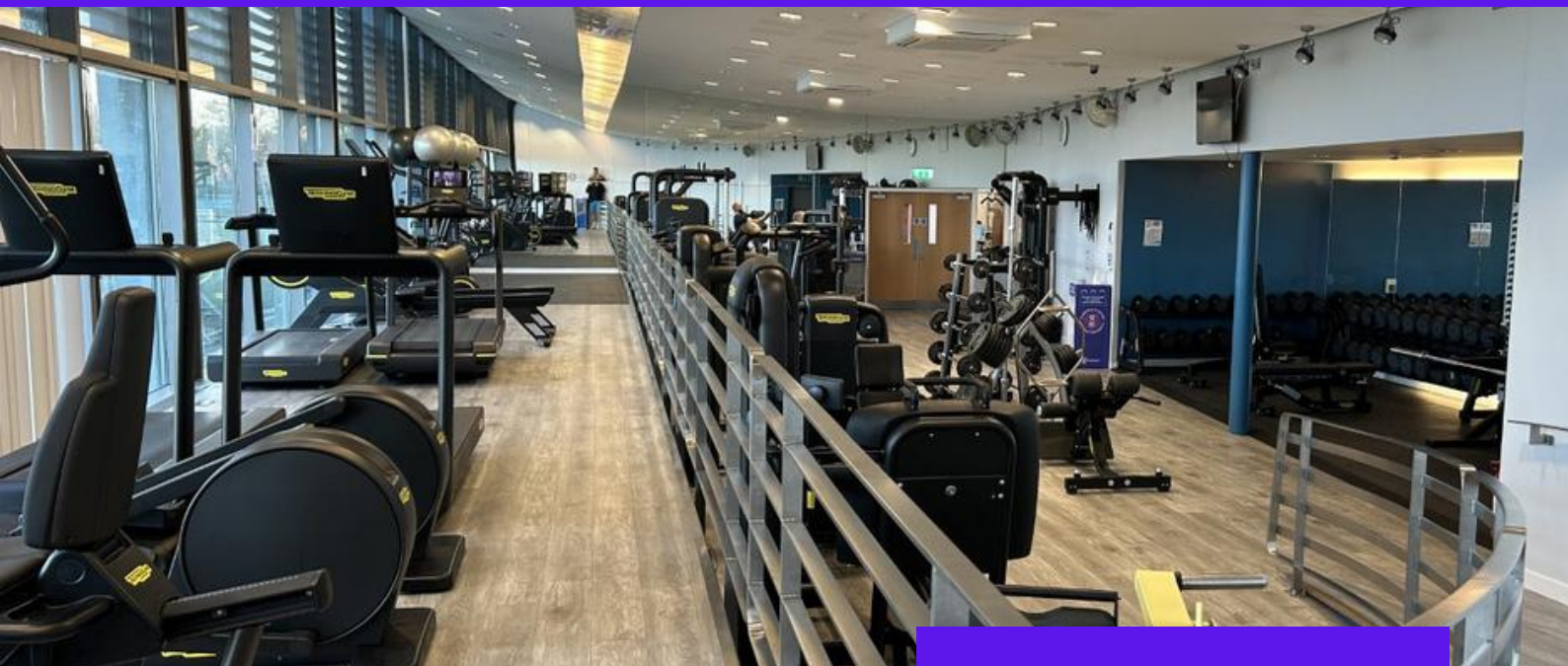
Meet Simon, one of our class instructors. He teaches Spinning on a Monday evening.

Come and give it a try!

Follow us on Social Media!



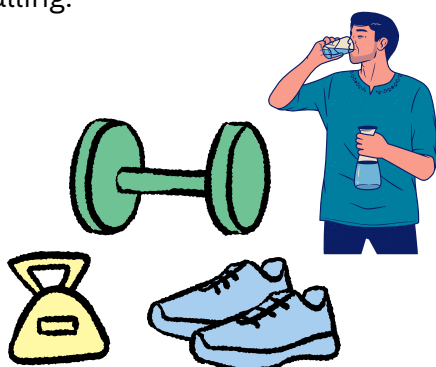
Newsletter



World Osteoporosis Day

Osteoporosis is characterised by the loss of calcium in a person's bones, which makes them more likely to fracture (break).

Exercising regularly reduces the rate of bone loss and conserves bone tissue, lowering the risk of fractures. Exercise also helps reduce the risk of falling.



School Gym Usage

The school are back using the gym on selected days for their PE lessons. Take a look at the poster on the front desk for more information on these times.

Also expect the car park to be busier in the evenings going forward as most of our football bookings are back for their winter training!

Equipment of the month

Low Row

Have you tried our Low Row 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!

