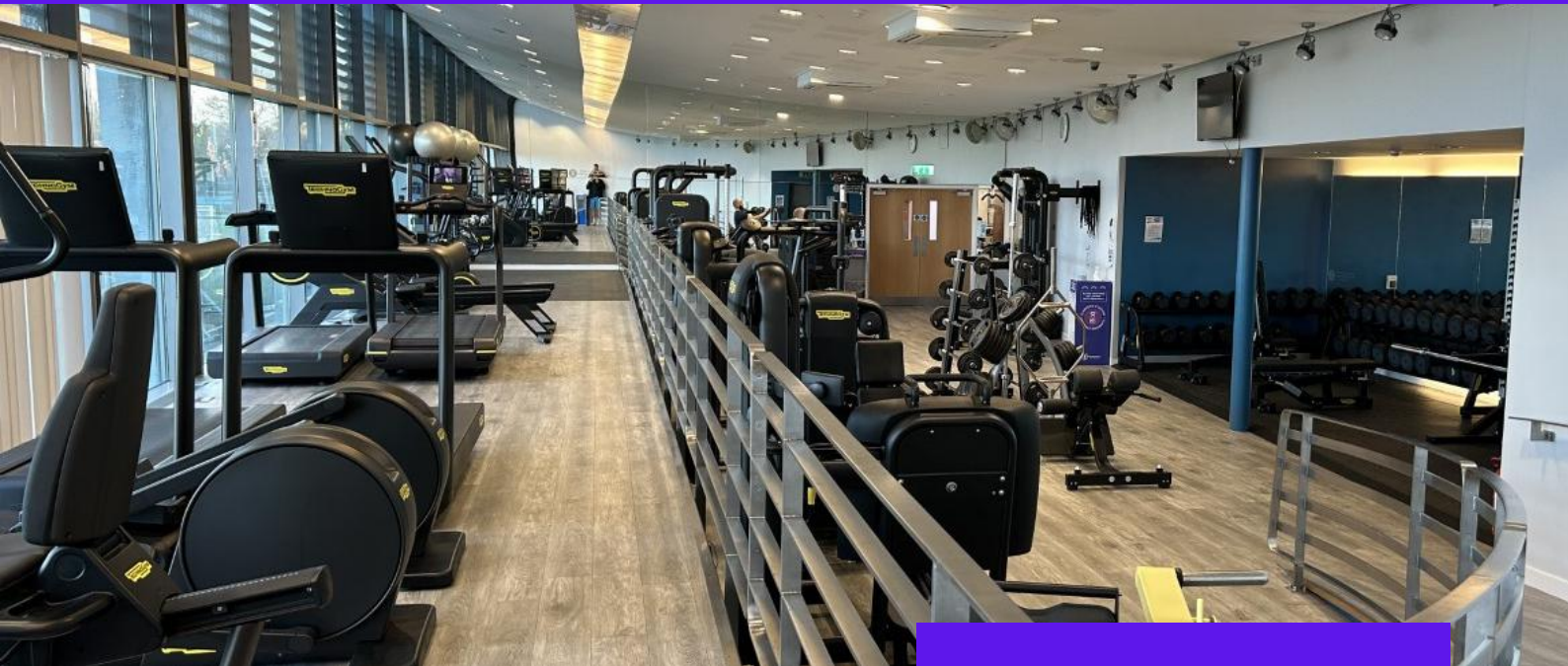


Newsletter



Class of the Month - Upper Body Strength & Tone

This 30-minutes workout focuses on targeting the upper body. Strengthen and tone your arms, shoulders, back, chest and core with a combination of weighted and unweighted exercises. Suitable for all levels.

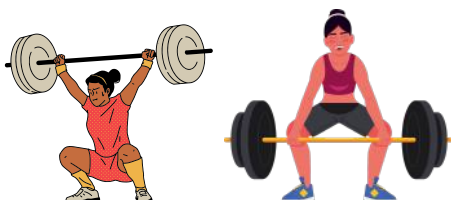


Do you Warmup before your workout?

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

Monday evenings 7.15-7.45pm!

Take a look on our social media pages for a new series that Callum & Ed have put together with some ideas for exercises you can use in your warmup!



Meet the Team

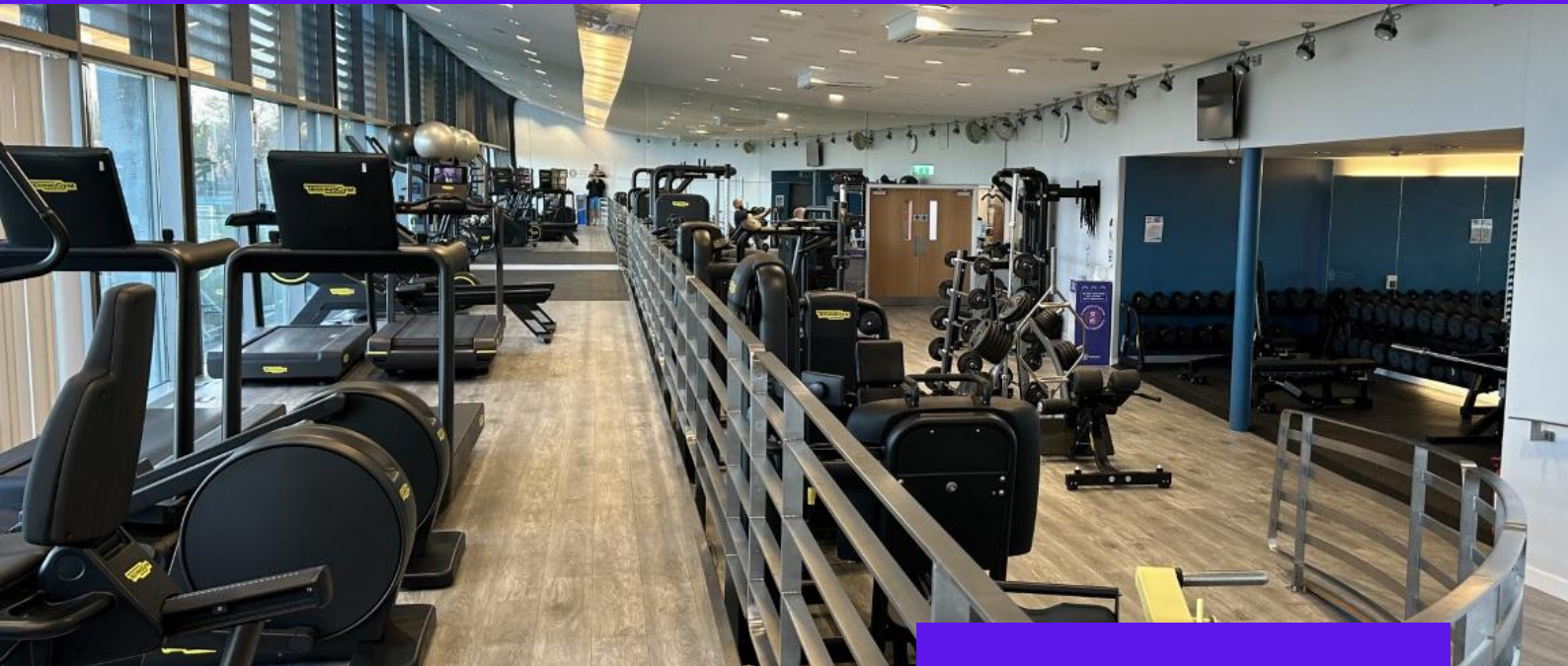


Meet Jack, one of the new members of our reception team. Be sure to say hello if you see him!

Follow us on Social Media!



Newsletter



School Half Term

As always, we will have increased availability on our morning yoga sessions throughout the school half term, which takes place week commencing the 27th October.



Wear it Pink!

This year we will be collecting donations for Wear it Pink day, on Friday 24th October. Make sure to join us!



Equipment of the Month

Shoulder Press

Have you tried our Shoulder 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!

