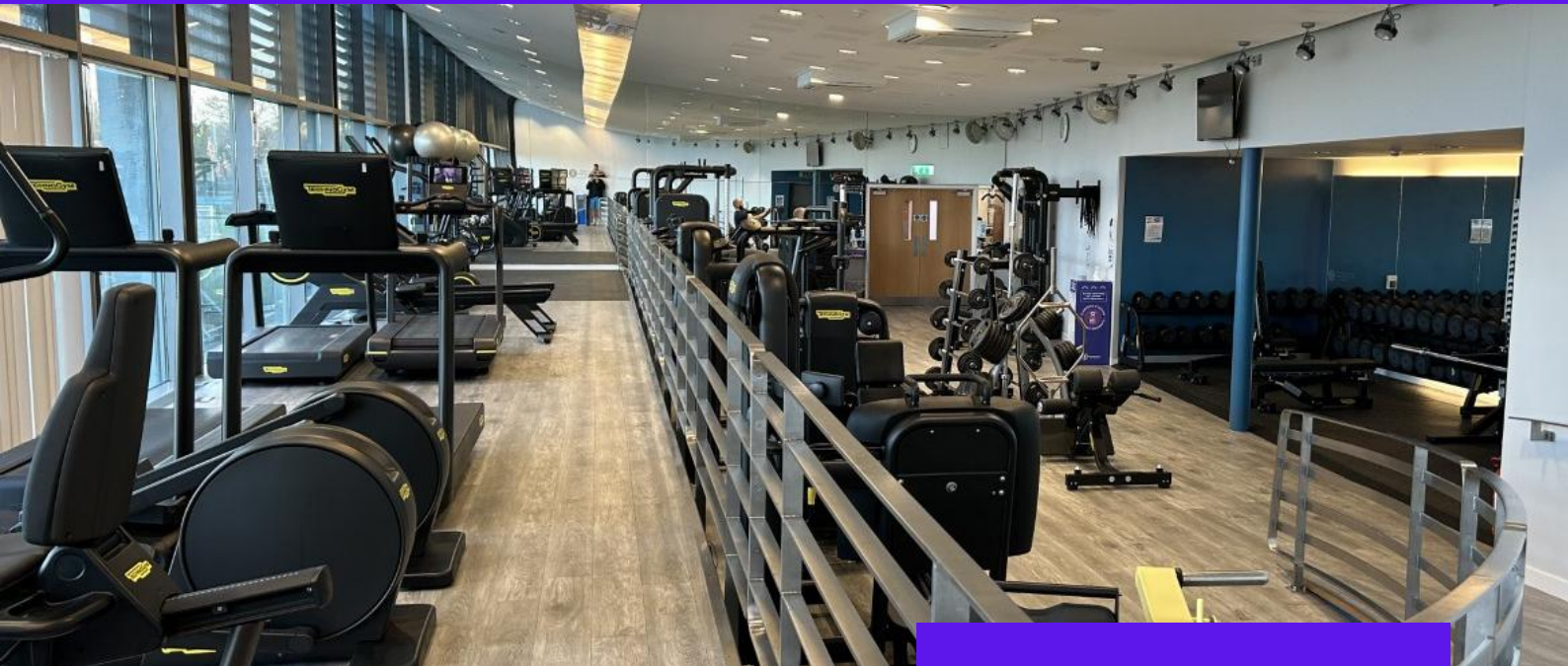


Newsletter

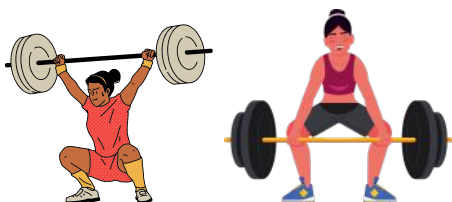


Class of the Month - Strength & Conditioning

S&C is a class that teaches you how your body is designed to be used. Learn to stabilise what should be stable and mobilise what should be mobile! If you're tired of feeling rubbish, this is the class for you!

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

Saturday mornings 9-9.45am!



NATIONAL FITNESS DAY

National Fitness Day

Wednesday 24th
September is National
Fitness Day!

Keep an eye on our
social media accounts
for fun games and
content throughout the
day!

Meet the Team

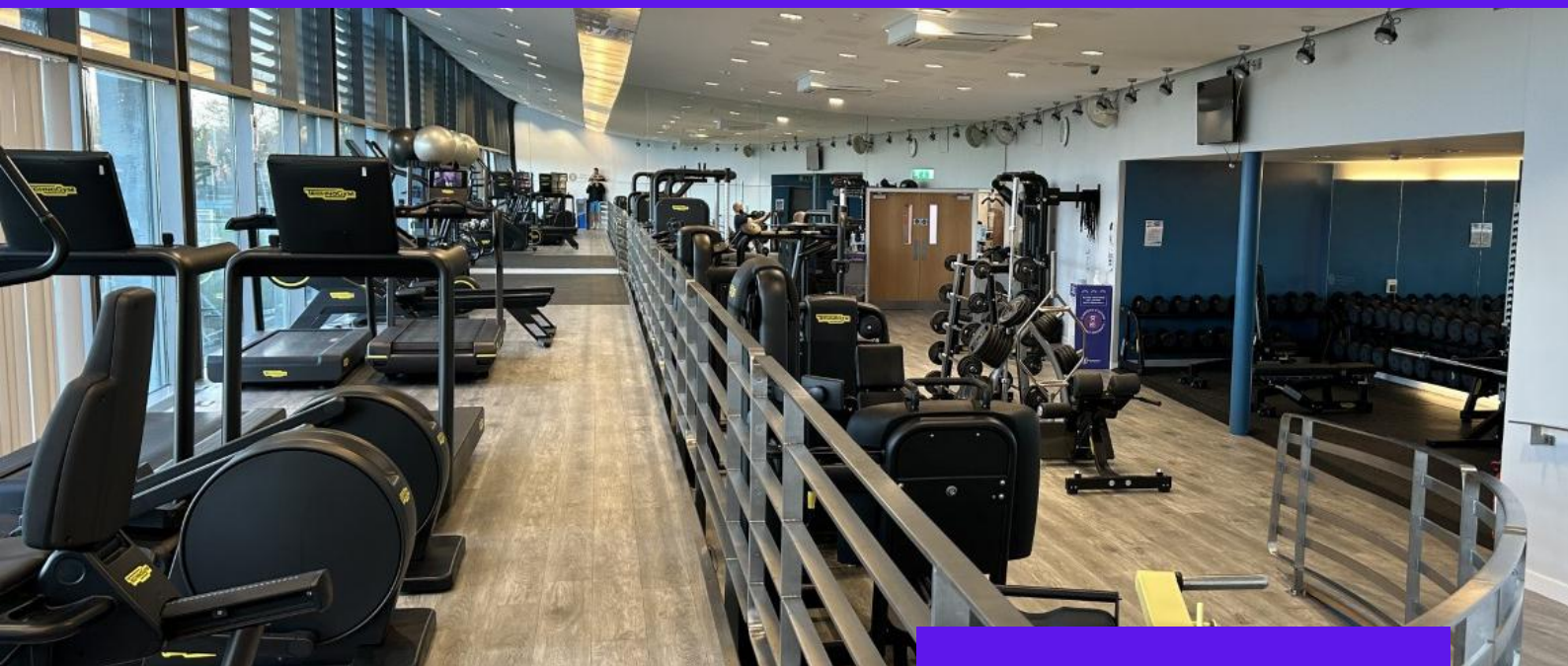


Meet Chris, our Healthy
Communities Manager.
Curious to see what Chris
has been up to recently?
View the Healthy
Communities Newsletter
on our website.

Follow us on Social Media!



Newsletter

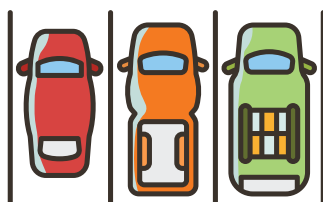


School Open Evening

The school has an open evening on Wednesday 24th September 6-8pm.

During this time, all classes, hall, and pitch bookings will be cancelled, and the car park is expected to be extremely busy.

The gym will still be open as normal.



Due to school building works, car parking will be limited for the foreseeable future, please allow extra time when attending fitness classes.



Equipment of the Month

Chest Press

Have you tried our Chest 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!

