



MEMBERS WEEKLY UPDATE

4TH MAY 2020

Good morning everyone,

Can you believe it is May already? Where did March and April go I wonder? Still no sign of us re-opening but we are told that we will be hearing something later this week. Let's hope it is good news and we will be given a date to open our doors.

In the mean time do please keep up with a daily workout and in answer to many requests we are now showing some of Donna's 11am workouts on the Members Area of our web site. Just insert the Password to access the Members Area (You can obtain this from your local Centre) and you will find that **Donna's classes** have been added to '**Coaching Corner**', '**Recipes**' and '**Weekly Updates**'.

Incidentally, are you enjoying some of the amazing recipes that are being added to the site by our administrator Lucy? They are all low in Carbs of course.

It is good to see just how many of you tune in during the day to Donna's classes and a new record number of 3,700 did so on Wednesday! Looks like we may have a lot of very fit people coming back to the Centres when we re-open for business.

Currently, each Centre will be giving a lot of thought to the changes they will be making when they can finally open their doors again. It is pretty certain that things will not be able to go back to the way they were for a while anyway, so some level of social distancing will be necessary. Some Centres will have the space to move each piece of equipment a little further apart but those who don't have the space will probably increase the time between each appointment. Regular wiping down of machines will be taking place of course and staff will probably be wearing face masks and gloves. Whether members will need to do so is yet to be determined.

Touching will probably need to be restricted which means that measuring may not be possible for a while but apart from that it should be business as usual.

It is going to be a different world for us all from the one we left back in March that's for sure but let's make the most of it. Our staff tell us that they are raring to go and can't wait to welcome you all back.

In the mean time, do keep visiting your local Gymophobics web site. We love some of the interesting and amusing things our Centres are adding each week to lift our spirits. They love to hear from members too so do let them know how you are and (best of all) let them know that you are doing a daily workout. What they would most like to hear is that you are doing Donna's daily class PLUS a ten or fifteen minute callisthenic session AND a Daily Walk routine too.

Some Centres are asking their members to weigh them selves each week and sending in the result to their Centre. It is a great idea if you are trying to lose weight of course. Why not consider it if you haven't already?

In future weeks we will be passing on info that some of our members send us so do keep in touch with your Centre and tell them how you are coping and any strategies you are using to stay sane and happy during lockdown. Your Centre will be forwarding the most interesting ones for us to pass on each week.

Till next week then – stay happy!

Lots of love,

THE GYMOPHOBICS FRANCHISE TEAM