



## MEMBERS WEEKLY UPDATE 11<sup>TH</sup> MAY 2020

Well that's another week of Lockdown gone and any hopes we may have had that Boris would allow us to re-open our Centres was soon shattered in his Sunday address. To be honest, I don't think many of us really expected it to happen just yet, did we?

Anyway, let's be positive and reflect that we are another week closer to getting back to Gymophobics!

In the meantime most of us will be doing a Donna on-line class most days and getting out for a walk too. At least Boris has lifted restrictions to enable us to get out and about as much as we want and link up with family members too.

Congratulations to Southport whose staff and members have raised nearly a thousand pounds for their local Hospice by walking and counting their steps. One even hoola hooped as she walked! Well done to them.

There will be a lot of similar ideas to raise funds and keep fit at the same time so do keep visiting your local Gymophobics web site to see what is going on in your area.

From what Boris had to say on Sunday it does rather seem as if our Centres may be able to get going again by July. Let's all hope so, but in the meantime let's resolve to use the coming weeks to ensure we have maintained our fitness and even improved it. Donna's daily workout, 10 minutes of callisthenics on the bedroom floor and a daily walk schedule is all it takes!

One final thing. Many of you will now be returning to work which means that you won't be able to join Donna at 11am for her workout. No problem. You can tune in to her recorded class at any time of the day. In fact hundreds of you do just that so why not make it the first thing that you do when you return from work? No matter how tired you may feel, a 30 minute workout boosts oxygen levels and liberates energy from the cells. It will give you a real lift on returning home.

Have a great week Ladies.

Lots of love,

**THE GYMOPHOBIcs FRANCHISE TEAM**