



# MEMBERS UPDATE

27TH JULY 2020

## TIME TO SHINE

After four long months we are finally open for our members and it has been wonderful to hear from so many of you when booking your next session


The phones have been ringing off the hook in our Centres so it is pretty obvious that most of you can't wait to get back to regular exercise. Our Instructors have been champing at the bit too and are thrilled to be back and are looking forward to supporting you, so if you haven't called us yet, please do so now!

You will love how we are coping with making your sessions safe. More cleaning and small changes to the system are in place but nothing so dramatic that it won't feel like the Gym you loved so much. Members are already telling us how delighted they are and how completely safe they feel.

And what good news from the government this week. We hear that they are going all out to promote health & fitness by telling us to exercise more and eat healthier. That is going to mean an upsurge in our membership as apparently all G.P's are being told to be very frank with patients who are overweight and tell them that they need to improve their lifestyle!

They will be emphasizing that being overweight will increase the risks when contracting Covid 19 and also of contracting type 2 diabetes. Will you play your part in this too please and help us to spread the word. Tell your friends and relatives about us and suggest that they call us to book a Guest Visit. If they enrol we will immediately knock £5 per month (for the next 12 months) off your membership fee as a thank you!

As you can imagine there are always amazing results being achieved at Gymphobics so we have decided to keep you informed of these as we hope they will inspire you. So keep looking out for these Updates.



And if you would like to tell us how Gymophobics has changed your life for the better we would love to hear from you. Just email us at : [admin@gymophobics.co.uk](mailto:admin@gymophobics.co.uk)

One final bit of news. We are putting all of Donna's home exercise videos from the past four months on to the Members Area so whenever you feel like doing one at home it will be there for you. A brilliant thing to do on the days when you cannot visit your Centre.

Till the next time then.

## **GYMOPHOBICS ACADEMY**