



## MEMBERS WEEKLY UPDATE

1<sup>ST</sup> JULY 2020

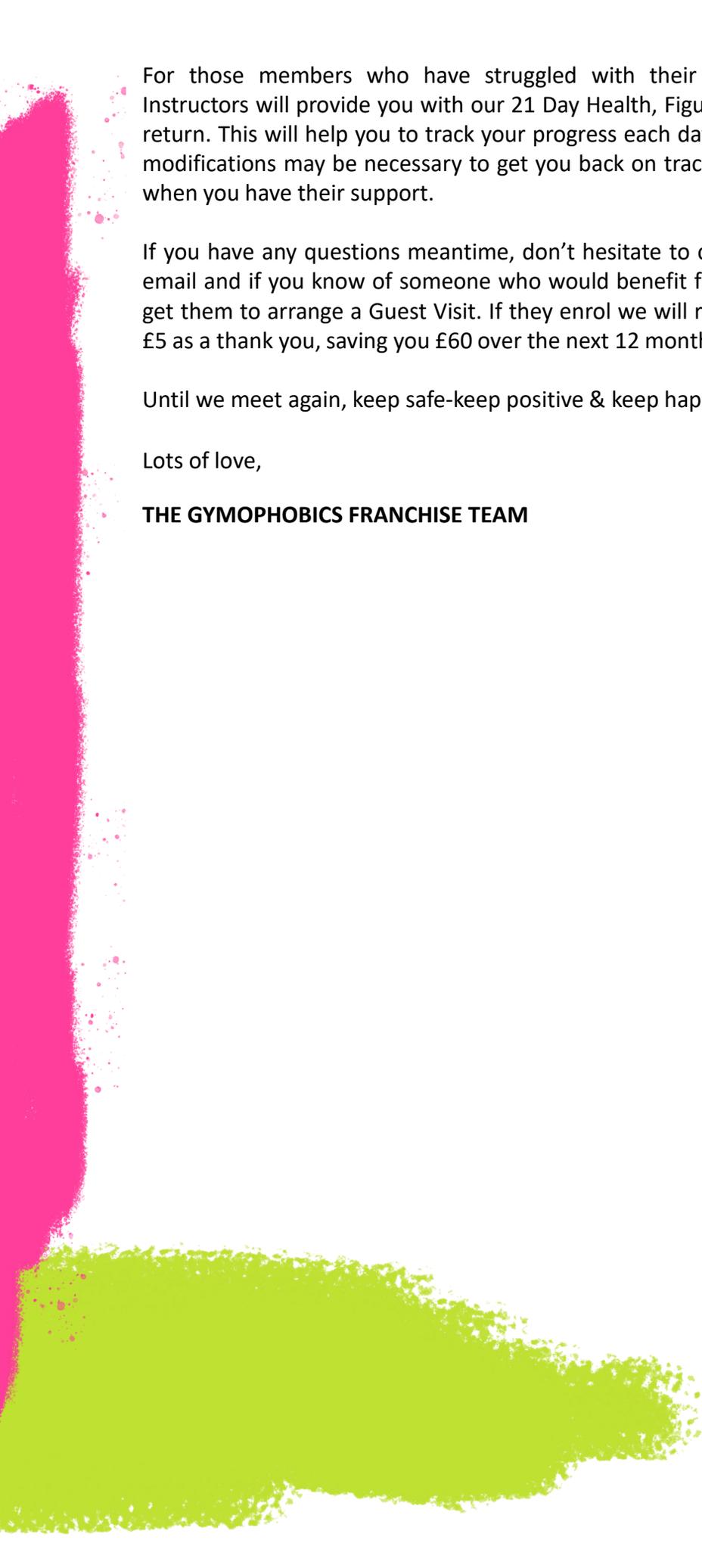
It surely won't be long now before our Centres will be able to re-open. There have been a number of hints recently that the government plan to allow Gyms to reopen some time in late July. Our Centres will of course be operating social distancing and equipment will be cleaned before and after use. Additional hand cleaning facilities will be provided and to avoid others handling your Programme Card you will be provided with a copy of your own which you will be able to take home and bring with you each time that you attend.

As floor mats will be difficult to wipe down each time that they are used we are removing them for the time being and your Instructor will provide alternative standing or seated exercises for you which don't require you to use a mat.

Visiting by appointment ensures that there will be no bottlenecks when you attend so you can expect personal attention from your Instructors who can't wait to help you get back to normal. We anticipate that 9 out of 10 members will be happy to return once the opening date comes around and we hope to convince those that are a little frightened to do so that getting back to regular visits is the best possible way to protect your immune system and improve your health.

Many of you will have been keeping up your fitness by joining in with Donna's on-line workout each day but getting back to doing 'Resisted Tension' at the Gym at least two or three times each week will have a huge affect on your health, your weight, your blood pressure, your mental health and your risk of heart attack, stroke and thrombosis. We now know that obesity is a serious risk factor for type 2 diabetes, another good reason for getting back to regular sessions at Gymphobics.

So in summary, watch out for announcements from your local Centre regarding an opening date and be among the first to book your first appointment. We can't wait to welcome you back!



For those members who have struggled with their weight during lock down our Instructors will provide you with our 21 Day Health, Figure and Fitness Journal when you return. This will help you to track your progress each day and show your Instructor what modifications may be necessary to get you back on track. You will find it so much easier when you have their support.

If you have any questions meantime, don't hesitate to contact your Centre by phone or email and if you know of someone who would benefit from becoming a member please get them to arrange a Guest Visit. If they enrol we will reduce your monthly payment by £5 as a thank you, saving you £60 over the next 12 months!

Until we meet again, keep safe-keep positive & keep happy!

Lots of love,

**THE GYMOPHOBICS FRANCHISE TEAM**