



## MEMBERS WEEKLY UPDATE

14<sup>TH</sup> JULY 2020

### WELCOME BACK!

After four long months we are finally allowed to re-open our doors on Saturday July 25<sup>th</sup> and we just can't wait to welcome you back.

Our staff are champing at the bit to get back to doing what they love and helping you to achieve great results.

Obviously it is important to book an appointment for each visit to avoid any overcrowding so please call us now and book your first session. All future visits can of course be booked at the Centre before you leave.

As we have explained previously we will be giving you your own personal Programme Card when you arrive and you can take this home with you and bring it along each time that you visit. Your Instructor will keep their own copy which means that no one other than yourself will ever touch your Card.

Other than that small change most things remain the same. There will be more scrupulous attending to cleaning of course and you will be asked to wipe down the hand grips on each machine before and after use. The other main change that you will see is that we have removed the mats and have replaced these with exercises that do not require you to lie down. Other than that most things remain the same as you will remember them.

Unless Boris tells us otherwise, Facemasks will be optional. Wear one if it makes you feel safer. We want to help as many people as we can to get fit, boost their immunity and fight the virus. Please tell friends and family to book a visit to find out what Gymphobics can do for them. Obesity is as big a danger as the virus in the UK and is a major cause of type 2 diabetes. Tell your friends and family that just two or three 30 minute sessions at Gymphobics each week can change lives!

We so look forward to welcoming you and your friends from the 25<sup>th</sup> onwards.

Best wishes  
**Gymphobics (Licence) Ltd**