



# MEMBERS WEEKLY UPDATE

## 21<sup>ST</sup> JULY 2020

### **A LETTER FROM OUR FOUNDER**

Thank goodness our lockdown comes to an end on Saturday and we will be welcoming you back into our Centres once again.

Each of our Centre Owners have been calling their members and I am thrilled to hear that most members are planning to re-start their visits straight away. I can understand that there will be a few members that are nervous about getting back into exercise but hopefully they will come to recognise how important fitness is to our physical and mental health.

Building up your immune system is one way of protecting yourself from the virus of course and if you have weight to lose then by doing so you help to fight type2 diabetes.

Our staff can't wait to see you again and if, like many people, you have gained weight during lockdown, then that's all the more reason to get back.

If you want to wear a face covering on your visits then please do so but it is optional and our unique circuit system means that social distancing is guaranteed during your sessions.

We will be a lot more focussed on cleaning of course and we ask you to help with this by wiping down any areas that you touch.



You will be given your own Programme Card to take home and bring with you on each visit so no one else will be touching it. Just another way in which we ensure your total safety.

So cast any fears that you may have had on one side and book your first visit back right now. We are ready and waiting to welcome you and to help you to achieve amazing results.

Finally, please help us to help as many people as we can by telling your friends and relatives about Gymophobics. With your help we want to double our membership in the coming months!

Lots of Love

**Donna**

**Gymophobics Founder**