



# DONNA'S MESSAGE

22<sup>ND</sup> OCTOBER 2020

NO. 4

**Now that lockdown is over our Founder Donna Hubbard has agreed to take over the Members Update pages which have been appearing for the past few months. Donna is looking forward to keeping you informed of what is going on in our Centres and any changes and innovations that are introduced.**

Dear Members,

As the weeks go by, more and more ladies are returning to our Centres which is great to see. Last week some 250 members attended each Centre on average and the number is increasing all the time. The number of new members is increasing too which is good to see.

Of course there are still ladies who are frightened to get back to their regular visits and if you are still plucking up the courage I really hope that you will soon decide to do so. The fact is that our Centres are probably the safest place you could visit and exercising will rapidly improve your immune system, not to mention your mental health.

And who doesn't want to lose a few pounds for Christmas too?

Our Instructors report that many of their members have gained a few pounds during lockdown which is hardly surprising I suppose but if you are one of them then take heart. We can help you lose a stone or more in the next few weeks!

One piece of good news in the past week or two is that most Gyms have not been forced to close during the new restrictions that have been placed on some areas of the country. It's nice to see that the government now accept that Gyms have an important part to play in keeping us all active, healthier and fitter. So if your area has been placed in Level 2 or 3, do check if Gymphobics has remained open. If so, do come on down and reap the benefits.

Good news for anyone living in the Leicester area as Gymphobics is opening in Wigston. Enrol in December for a pre-opening rate ready for a full opening in January.

Congratulations to the Telford Centre who are celebrating 10 years of success and have just completed a spectacular 'Open Week' with lots of new members enrolling which shows that the message is getting through that Gymphobics is fighting back against the virus!

One final thought pre Christmas is for any one with teenage daughters who need exercise every bit as much as their parents. Many young girls lack the confidence to join a gym and may suffer in silence if they have 'body issues'. That's why Gymphobics are only too pleased to welcome them at a special discounted price if they attend with an adult member. So if you have a teenager who wants to trim and tone or lose a few pounds why not encourage them to attend with you next time you visit.

Let them have a free trial session along with you and they will quickly realise that Gymphobics is a warm, friendly, no pressure environment that they can feel comfortable in.

In January each year we hold a 'big bash' in a hotel somewhere in the midlands. It is a dinner and dance and is attended by hundreds of our staff and Gym Owners throughout the UK. A great time is had by all and some Centres even bring along members. The highlight of the evening is an Awards ceremony with Awards going to high achieving Centres, staff, Owners and members who have earned them throughout the year.

Sadly, there will be no such ceremony this January due to the pandemic but that is not going to stop us issuing awards! So if you have a Centre who you think deserves recognition for exceptional service or you want to nominate a fellow member then please email them to us at: [admin@gymphobics.co.uk](mailto:admin@gymphobics.co.uk) before **10am Friday 4<sup>th</sup> December**.

Till the next time. Keep well, keep safe & above all, keep attending!

Dama X