



# DONNA'S MESSAGE

26<sup>TH</sup> FEBRUARY 2021

NO.11

Tune in to Donna's regular messages here using the current member's password which is available from your Centre at the start of each month. Should you wish to respond to Donna's comments you can do so via email at [donna@gymphobics.co.uk](mailto:donna@gymphobics.co.uk).

Hi Ladies,

Good news at last as if all goes well it appears that we will be able to re-open all our Centres on April 12<sup>th</sup>. Amazing news for all our members of course plus our wonderful Instructors who can't wait to get back to work and do the job they love, which is supporting you and helping you to achieve the results that you deserve.

In the meantime however, do keep up with our exercise at home schedules to ensure that you return to the Gym in the best possible shape. Hopefully you have been joining me for my 30 minute on-line classes on Mondays, Wednesdays and Fridays and these will continue right up until we re-open. I hope too that you have been following advice from your Instructors on diet, callisthenics and a daily walk. If so, you won't have any nasty shocks when you return!

Mind you, if you have gained any weight and lost muscle tone during lockdown, you will soon get back to where you were before. From past experience it should take no more than a few weeks to shake off any ill affects.

When you do return you can do so with confidence that our Centres are extremely safe places to visit. We have taken extra precautions with deep cleaning and our appointment system makes our Gyms much safer than conventional Gyms by ensuring social distancing. You will be able to wear a mask too if you wish.

There will be one or two small changes to what you were used to when you return and we are currently trialling a brilliant new innovation on our exercise circuits which we hope to

introduce within a few weeks of getting open. I won't spoil the surprise by telling you what it is right now but rest assured it adds an exciting new ingredient to your workouts.

Keep in touch with your Instructors over the coming weeks as they love to hear from you and are keen to offer advice where ever they can. Do keep checking in to your Centre's Facebook pages and our web sites as we keep uploading updates including recipes and coaching tips.

Finally, if you have friends and relatives who are keen to lose weight and/or improve their health & fitness, please suggest that they give your Centre a call. If they enrol now rather than waiting until we re-open, their first month's membership comes FREE.

Until the next time.

Best wishes and love,

A handwritten signature in black ink that reads "Dana X". The word "Dana" is written in a cursive style, and the "X" is a simple, bold cross.

**Founder**