

# TRAIN SMARTER WITH OUR *GYM WORKSHOPS!*

**FREE!**  
FOR OUR MEMBERS!

LEARN SOMETHING NEW \* PREVENT INJURY \* IMPROVE STAMINA & RESULTS

## Get more out of the gym!

Gym Workshops from our professional PTs give you advice, guidance & instruction to freshen up your routine & achieve your gym goals.

### Women's weightlifting

45 mins

Monday 11th September	12:00pm – Ellie
Wednesday 11th October	10:30am – Ellie
Monday 27th November	18:30pm – Ellie

### How to Plan Your Weekly Workouts

40 mins

Thursday 14th September	18:00pm – Chris
Wednesday 11th October	18:00pm – Chris
Tuesday 28th November	18:00pm – Chris

### How to Deadlift

40 mins

Wednesday 27th September	20:15pm – Mike
Wednesday 25th October	12:00pm – Chris
Wednesday 15th November	09:00am – Ellie

### Meditation & Relaxation

30 mins

Thursday 7th September	11:00am – Kay
Thursday 7th September	20:15pm – Kay
Thursday 26th October	11:00am – Kay
Thursday 26th October	20:15pm – Kay

### How to Plan a Strength Workout

40 mins

Tuesday 19th September	19:00pm – Chris
Tuesday 10th October	12:00pm – Ellie
Tuesday 21st November	10:00am – Chris

### Health Checks & Body MOTs

15 mins

First & Last Friday each month	09:00-10:00am
Wednesday 13th September	19:00pm
Wednesday 11th October	19:00pm
Wednesday 15th November	19:00pm
Wednesday 13th December	19:00pm



At the heart of our community since 2012  
Charity No. 1159655

**BOOK TODAY!**

