



DONNA'S MESSAGE

2ND NOVEMBER 2020

NO. 5

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.

OUR RESPONSE TO LOCKDOWN

Dear Member,

Please join us in our fight against the virus by spending the next four weeks participating in our ON-LINE programme. By doing this you will be supporting your Centre, your Instructors and, even more importantly, fighting back against the virus.

By keeping your membership alive and joining us ON-LINE you stand every chance of getting back to your Centre in four week's time in as good a shape as you are now. Most members who decided to freeze their membership during the last lockdown lost a lot of the gains that they had been making and had put back much of the excess weight that they had lost!

That's why I hope very much that you will join me ON-LINE every Monday, Wednesday and Friday during lockdown so we can work together to stay in shape. Just ask your Centre for the unique Password which will give you live access to my workouts and all the tips we will be offering.

I will also be providing a cardio vascular 'Walk' prescription which builds each week too and some unique callisthenic exercises to do on the bedroom floor when you wake each morning. That way you will be fighting back against the virus and you will be able to see the comments that other members are making too. I hope that you will add your comments to inspire other members to fight back against the virus.

At least this time we have an end date for the lockdown so we know it is just four weeks long. Let's all work together ON-LINE to be the best we can be.

Till next week then.

Love

Danna X

