



DONNA'S MESSAGE

7TH DECEMBER 2020

NO. 7

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.

BACK AT LAST!

Dear Members,

It has been a funny old year hasn't it? But at least we can get back to the Gym and by all reports we will be able to stay open in future regardless of any further lockdowns. It seems that the government have now accepted what we have been telling them for some time, i.e. that using the gym can play an important part in boosting the immune system and helping to fight the virus.

I can't tell you how much we have been looking forward to re-opening. Like me, most Instructors love their work and don't see it as a job. Seeing their members achieving results is what gets them out of bed in the morning.

Many of you will have been champing at the bit to get back to exercising with us but to those who may be too scared to return yet, let me assure you that our Centres are among the safest places on the planet. Unlike your local supermarket our numbers are limited by appointment to just ten per circuit, quite unlike the huge numbers that are crammed into the shopping isles. And of course our staff are constantly wiping down the equipment too so we have no need to be concerned.

Don't be tempted to put off returning until after Christmas. Finding a half hour to visit the Gym three or four times each week will make all the difference to how you feel this Christmas. You will sleep better and have loads more energy!

At the time of writing there are three weeks to go to Christmas and believe it or not you could shed half a stone in that time. What a help that will be if you plan to eat a little more than usual over the festive period. Tell your Instructor you want to lose 7 lbs for Christmas and she will design a diet and exercise prescription to help you to get there.

PRE- CHRISTMAS ENROLMENT DISCOUNT

Many of your friends may be planning to join Gymophobics but have decided to leave it until after Christmas. For that reason many of our Centres are offering a pre-Christmas discount for joining by Dec. 24th so be sure to pass on the word and let them know that their membership won't start until the new year so they won't lose any time by enrolling now!

SOMETHING NEW

And January will see a new innovation which will make your sessions even more exciting. We can't share the details with you right now but plans are well underway and trials will be taking place shortly so watch out for something completely new in the next few weeks.

And finally.....

From everyone at Gymophobics, have a wonderful Christmas. Eat drink and be merry and let's make 2021 a very special year by getting into the shape of our lives.

My very best wishes,

