



DONNA'S MESSAGE

22ND MARCH 2021

NO.13

Tune in to our Founder 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@gymophobics.co.uk.

Hi Ladies,

Hope you are all keeping well and active during lockdown and are keeping your spirits high. If all goes well we are now only three weeks away from some degree of normality and I can't wait to get back to regular workouts in the Gym. I am sure that most of you are exactly the same and meeting old friends will be amazing.

Our Centre Owners are excited too and we all have our fingers crossed that April 12th. will still be our re-opening date. We will all have things that we have missed the most of course. One of the things that I have missed is meeting up with our lovely Instructors so I can't wait for next week as I will be running a training Course for new staff at our Academy in Stafford. Spending a few days with them will be a reminder of normality!

There is a downside to this however. Starting to run Courses again means that I won't be able to perform my usual on-line workouts so this week will be the last time I can do so before we re-open. But if you are one of hundreds of members around the country who have been tuning in, don't forget that every one of my classes can be accessed on the web site so you have plenty to choose from. Believe it or not, there are more than 70 available online!

A big 'thank you' for the hundreds of goodwill messages that I have received in the past months telling me how much you have enjoyed the weekly on-line classes. They were really appreciated. But nothing can beat the pleasure that visiting the Gym provides and I know from your messages what a big part of your lives those visits can be and just how much you have missed them.

That's why I hope that you will grab the opportunity to start back the moment that you are able.

Many Centres are already taking bookings for the week commencing the 12th and those that aren't will be doing so from next week I expect. Don't delay as it looks like most members just can't wait to return and we can't wait to see you either!

If you have friends or relatives who are interested in becoming a member please book them in for a free visit to find out more and their first month will come free.

Lockdown has been a disaster for so many businesses of course but thanks to the many members who have continued to pay their monthly fees our Centres have survived. As you probably know, each Gymophobics Centre is privately owned under Licence and if all their members had stopped paying their monthly fees during lockdown, some Owners would almost certainly have been unable to re-open. Thanks to you however, it looks like all our Centres will be re-opening on the 12th and will welcome you back with open arms. On their behalf, I can't thank you enough.

We have been receiving a number of enquiries in recent months asking if we are opening new Centres throughout the country and the answer is that we are actively recruiting new Franchisees and hope to open another ten Centres this year. So if you or someone you know would enjoy being your own Boss and would like to own a Gymophobics Centre with our support, then do please get in touch. Email us at : admin@gymophobics.co.uk. We would love to hear from you.

Well I am off to plan my final two classes for Wednesday and Friday. I have loved every minute of doing them with you and will miss them but all good things come to an end I suppose.

My best wishes to you all and thank you so much for your support. I will be visiting your Centre soon so I look forward to the chance of meeting up with you and hearing your stories of how you have survived the lockdown. Hopefully my on-line classes have been a small contribution!

Lots of love and best wishes



Danna X