



DONNA'S MESSAGE

7TH APRIL 2021

NO.14

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.

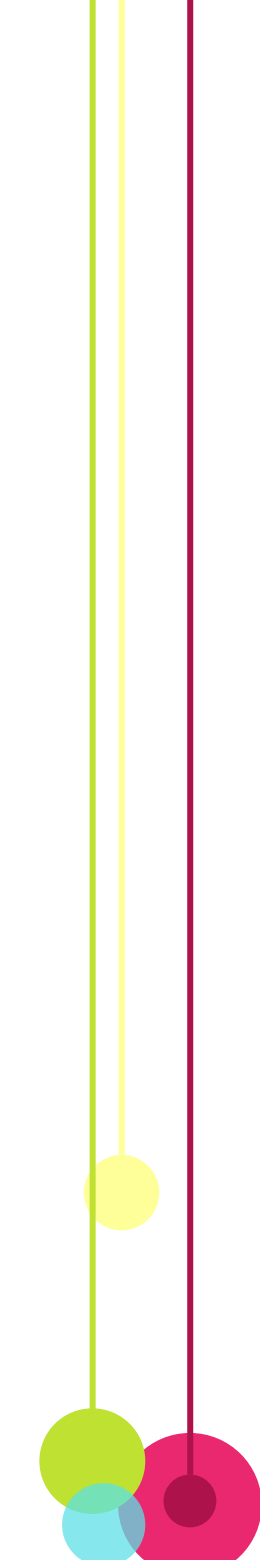
WELCOME BACK

Great to know that Boris has now confirmed that our Centres can open on Monday. We will be spending this week cleaning and preparing for your return and we can't wait to see you.

Rest assured that we have taken all necessary steps to ensure your safety and if you wish to wear a face mask, that's fine. Unlike conventional Gyms our Centres have always operated by appointment which means that there can be no overcrowding and plenty of space between members on the circuit. You will even have the option of taking your Programme Card home with you on each visit so that you are the only person handling it.

Have you booked your appointments for next week? If not, why not do so now? You can imagine how busy we are likely to be so the sooner you book your sessions for the week ahead, the better. And don't forget to encourage friends and relatives to give us a call too and book a free Guest Visit to find out what Gymophobics can do for them. Every time you introduce a new member we knock £5 per month off your monthly fees for the next 12 months (saving you £60) as a thank you!

As of next week three of our Centres will be conducting trials of an exciting new innovation which we plan to launch shortly. It is being kept under wraps at the moment, but we expect to be able to introduce it in most Centres by mid May. You will love it!

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Currently, our Instructors are busy brushing up on their skills and studying their training manuals to take on board updates that have taken place during lockdown. Courses at our Instructor training Academy in Stafford are almost booked solid until July, a sure sign that Instructors will leave no stone unturned to ensure that you will receive the best possible advice.

Incidentally, are you keeping up to date with 'Coaching Corner' in the Member's area of our web site? New items are added almost every week showing the latest research on a wide range of topics, some of which are sure to surprise you. To access the Member's area you will need a Password each month and these are posted in your Gym.

A final thought. If you are missing my regular home exercise classes (I know I am) you will now be able to access the weekly classes that are available at your Centre from home. We know that not every one has the time to do classes while at the Centre once they have completed their workouts, so you will now be able to do them later at a time that suits you.

Well I am off now to film some new Callisthenic exercises which our Instructors will be introducing when you get back. It's all happening at Gymophobics!

We are bursting with excitement at getting back to doing what we love and can't wait to welcome you, so please pick up the phone and book your next appointment(s).

Lots of love,

A handwritten signature in black ink that reads "Danna X".

Danna X