



DONNA'S MESSAGE

1ST JUNE 2021

NO. 16

Tune in to our Founder Donna Hubbard'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.

Hello ladies!

CIRCUIT VIDEOS

It is really lovely to hear how many of you are enjoying our new Circuit Videos in your Centres. I know that not all Centres have installed their circuit video as yet but hopefully most will have done so by the end of June.

Circuit Videos replace one of the two Mat stations on your Gym circuit and provide you with a videoed exercise which changes each week.

STAFF TRAINING

Our Training Academy in Stafford is working flat out on your behalf right now to ensure that your Instructors are right on top of their job. Instructors have to attend an annual refresher Course each year once they have completed their initial training and the Lock down has meant that we are struggling to catch up now that Courses have now re-started.

I must say however that I have been incredibly impressed with how much knowledge our Instructors have retained and how excited they are to get back to doing what they love.

There is always something new for them to learn of course and this year we have introduced a good number of new Callisthenic exercises which I have no doubt they will be prescribing for you in the not too distant future.

WALKING

As I write this message, the sun is beating down (at last) so let's hope for a 'flaming June'. How lovely it will be to do our daily 'walk' in the warmth. Hopefully, you will have bravely fought the wind and rain throughout the winter and kept up with at least two or three weekly walks. But whether you have or you haven't, now is the time to get out there and focus on twenty minutes or more each day. The benefits to your heart, lungs and cardio vascular fitness cannot be over estimated and when you combine this with two or three sessions of Resisted Tension exercise at the Gym each week, the effect can be life changing!

THE MEMBERS AREA

The June Password to the members area on our web site is now available so don't forget to get it on your next visit. More importantly, don't forget to check out the Members area each month. There is always plenty to interest you, including recipes, home videos and Coaching Corner which contains all sorts of fascinating information about health and fitness.

FRIENDS

A lot of our Centres are offering free trial sessions to members friends in June so if you know ladies who might like what Gymophobics can offer, please invite them to book a free Guest Visit to find out more!

Enjoy the sunshine!

Lots of love

Danna X

