



DONNA'S MESSAGE

22ND SEPTEMBER 2021

NO. 19

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.

Hi Everyone,

Since we have re-opened all our Centres since the Lockdown it has been great to welcome back so many members. Very few are yet to return and the number of new ladies enrolling is growing every week. Do tell your friends about us and why just two or three 30 minute sessions each week could change their lives for the better!

A lot has been going on in our Centres in the past few weeks. Today, we welcomed our 2020 SLIMMERS OF THE YEAR at our offices in Stafford.

Tracey Dimon from Aldridge

Tracey Murphy from Redditch

Courtney Law from Wickford

Zoe Kirby from Cannock

It was great to be able to present them with their winners plaques and while they were with us they took part in a photo shoot in our photography studio which you will be able to see on our web site shortly. They looked amazing as you would expect having lost an incredible 24 stones and 2 pounds of weight between them!

Now some news about some of the changes in ownership that has been taking place in three of our Centres recently. First we must thank Stephanie Hough who has sold her Tamworth Centre. Steph is one of our pioneers and has owned the Tamworth Centre for an amazing 16 years. She will be sorely missed at Tamworth. The good news however is that she is not retiring and will continue to run her other Centre, in Lichfield.

The new owner of Tamworth is Louisa Tomlinson who already owns the Aldridge Centre. We wish her every success in Tamworth.

The Cannock Centre also has new owners. Laura Maddox and Adele Marlow were well loved Instructors at Cannock so were the perfect people to take over its management when its long term Owner retired and have made a great start.

One of their first ideas was to launch a 6 week slimming challenge which is already producing some incredible results. So far 11 members have completed the challenge and have lost 67lbs and 75 inches between them. Another 28 ladies are still to complete the challenge so I will let you know how they get on the next time I write.

I must not finish without congratulating Joanna Rigby, the Owner of our Centres in Stafford, Rugeley and Sutton Coldfield. Despite her heavy work load, Joanna believes in keeping as fit as her members and just this week has completed the Stafford Half Marathon in a highly respectable time. Well done Joanna!

Finally, may I say how much I have enjoyed meeting so many members on my recent tour of the Centres. It has been very inspiring to hear how your sessions have literally changed your lives for the better.

Kind regards

Danna X