



DONNA'S MESSAGE

4TH JANUARY 2022

NO. 1

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,

I do hope that you have had a lovely Christmas and New Year break and are planning to get back to as near normality as possible including regular sessions at the Gym. Unlike conventional Gyms our appointment system means that there is no danger of overcrowding at Gymphobics so you can feel completely safe when exercising.

Be reassured that our Centres are taking extra measures to ensure your safety with increased cleaning and air flow and if you wish to wear a mask that will be fine.

If like many, your fitness has gone down hill during the holiday period you can be sure that your Instructors are ready to take this into account when you start back. They will rework your programme and review your diet and home exercise prescription too.

And don't worry if you have gained a few pounds over the festive period as these will soon disappear in January.

There are lots of good things happening in our Centres in 2022 and I hope to meet up with you all very soon.

Lots of love and best wishes

Donna X