



# DONNA'S MESSAGE

## 20TH SEPTEMBER 2022

### NO. 6

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](mailto:donna@gymphobics.co.uk).

Hi Everyone,

It has been a sad time for most with the passing of Queen Elizabeth . That, plus the pandemic, the cost of living rises and the heat waves, have all combined to make life a little bit tougher but hopefully we can now settle back to something more like normality.

Schools have now gone back of course so many mothers can now find attendance at the Gym that little bit easier and this is that time of the year when for many of us our thoughts turn to getting into that little black dress for Christmas! So now is the perfect time to refocus on your Gym visits.

Numbers using the Centres in recent weeks have been rising which is normal for this time of year and despite the gloomy financial forecasts it is good to see many more new members enrolling. Please help us to help more people by telling friends and family that Gymphobics is the place to be.

And why not set yourself some goals to achieve over the coming weeks? If you're not sure what you can expect to achieve by Christmas, do discuss it with an Instructor who will be more than happy to talk it through with you.

There is a lot of interest from potential new Owners coming in so expect to see more opening shortly and if you know of someone who would like to be their own Boss and own and operate their own Gymphobics Centre, then please tell them to get in touch. The more Centres we can open, the more women we can help to change their lives for the better!

Which brings me to a message about our Tamworth Centre which may be forced to close shortly unless we can find someone to take it over. The current Owner is having to move on for personal reasons and is prepared to give it away free of charge to a good home!

**This is a wonderful opportunity to own a ready made business with a good membership and everything in place. For someone who wants to own their own business and shares our wish to help women improve their health & fitness, this is something not to be missed. The new Owner will be fully trained and supported by our Franchise Team so experience is unnecessary. By working hard, this is a business that can really take off and has an excellent staff desperate to keep on supporting their members.**

Another existing Centre is about to have new Owners shortly too and we will be announcing this shortly and we can't not mention our Hinkley Centre and wish them every success in their new home. They have just moved into shiny new premises on the High Street and new Instructors and Assistants have been taken on and are being trained as we speak!

Since my last letter many Instructors have passed through our Training Academy in Stafford to catch up on the latest information and science to ensure that your exercise and diet prescription is bang up to date. Brand new instructor recruits have also been trained to share the workload at our Centres and some 150 staff are now employed around the country to ensure that members receive the VIP attention and advice that they deserve.

If you know of someone who would like to train as an Instructor or volunteer as an Instructor Assistant, please let your local Centre know.

Till the next time then,  
Kind regards

A handwritten signature in black ink that reads "Dana X". The signature is written in a cursive, flowing style.

Gymphobics Founder

