



The 6 weeks holidays are over so it's time for our September Newsletter

Welcome back to those of you who have been away or struggled to get to the gym. We are now on the countdown to (sorry we're going to day it) Christmas

We would like to thank you for your continued support. We especially appreciate this during this cost of living crisis. As a small business without you we wouldn't be able to do what we do. We love our community of strong women. We hope to have lots of social nights to look forward to over the coming months.



On a more cheery note we have lots of great things coming up over the coming months. Our most exciting news is that you will all have an early Christmas present when we become the proud owners of UNIT 2! This will be a brand new second studio with much more space. This means bigger and more classes will be available.

We are currently reviewing our timetable and will be including some new classes. Please keep continuing to book your classes. If you don't use it you lose it! The new timetable will be here mid September.



We still have spaces available on our coastal retreat. Why not give yourself a break and have something to look forward to next year. Please come and see us about the retreat.

We have just had the arrival of more new equipment in the gym. We have another bench and free weights upstairs so there are now 3 free weight sections in the gym to workout in. We are constantly trying to update our gym and studio equipment. If there is anything you think we need please let us know.

If you are looking for a kick start to your health this month Laila, Claire & Jane are starting the 21 Day Cleanse. We think it would be great to start this as a group to give each other encouragement and help when needed. If you are interested in joining us we are starting on the 12th September.

We are looking to host our Christmas (sorry that word again) party in November. As soon as we have a venue and date we will let you know.