



Welcome to our October Newsletter

We would like to give a warm welcome to all our new members. This month sees the start of lots of activities at Girls Allowed Gyms. Please make a note of the dates and please try and come to at least one. What makes us special is our wonderful members and it's lovely when you get to know each other outside of the gym

We have lots of dates for you to save in your Calendar

- Saturday 1st October Yoga Workshop
- Saturday 22nd October Wellness Workshop
- Saturday 22nd October Christmas Market
- Monday 2nd November 4 Week Menopause Workshop
- Saturday 5th November Yoga Workshop
- Saturday 19th November Christmas Party
- Saturday 3rd December Yoga Workshop
- Sunday 4th December Christmas Wreath Making



Please contact us for times and further details



We still have a couple of spaces available on our coastal retreat. Why not give yourself a break and have something to look forward to next year. We can offer a payment plan to help pay for this or why not see if someone who loves you will treat you for Christmas..

If you are struggling to attend spin due to the time of the class or the class being full please let us know and we will set up a virtual spin for you.

Our ladies who have been participating in the 21 day cleanse this month have been smashing it! Here are some of the results so far!

**Member A has completed her 21 day cleanse and her stats are 9 ½ inches overall & 3.8KG lost
Member B has lost 7lb and 1.5% body fat in her second week
and this is what Member C has lost 4lb and 1.5% body fat and had to say about her journey so far**



If you would like to do the cleanse this month please come and see us.

WATCH THIS SPACE FOR OUR UPCOMING MEMBERS 28 DAY CHALLENGE!!!!!!