



It will officially be summer on the 21st of this month. Before then we have 2 Bank Holidays for the Queen's Jubilee. Our opening hours are;

Thursday 2nd 9-12  
 Friday 3rd 9-12  
 Check TeamUp for classes

**Don't forget to get your lost property from the lost property box upstairs in the gym. All lost property will be disposed off at the end of the month**

Our new Rehabilitation/Injury Clinic at Girls Allowed on a Saturday is doing really well. You will receive a free consultation and posterior examination before your session and if needed you will also receive a personalised rehabilitation program to use in the gym. This is what one of our members Sarah had to say about her treatment;



*"I attended the sports injury clinic where I met the lovely Nicki. She assessed my injury and correctly diagnosed an old injury that is again causing me some discomfort. A sports massage was given along with some exercise to do at home. All trainers have a report on my injury to enable them to correct me when posture or exercise is wrong. Im seeing her again next week and I feel so much better already I would thoroughly recommend"*



Come and celebrate the Queen's Jubilee with us after your gym session or class on Thursday June 2nd in JJ's. Tickets are £5pp and can be purchased in advance for tea/coffee and homemade cake.

Have a good catch up with your gym buddies. Indoor and outdoor seating available.



Celebrate the Queens Jubilee with tea/coffee and cake for £5 on Thursday 2nd June 10am-1pm!

We have changed our social night to Thursday 9th June. We will be meeting at the gym at 6pm where we will walk to The Optimist for a wine or soft drink, then we walk to The Windmill for another wine or soft drink. You can then either walk back to the gym or stay at The Windmill and stagger or Uber home! Please book via Teamup or email us. Friends welcome!

