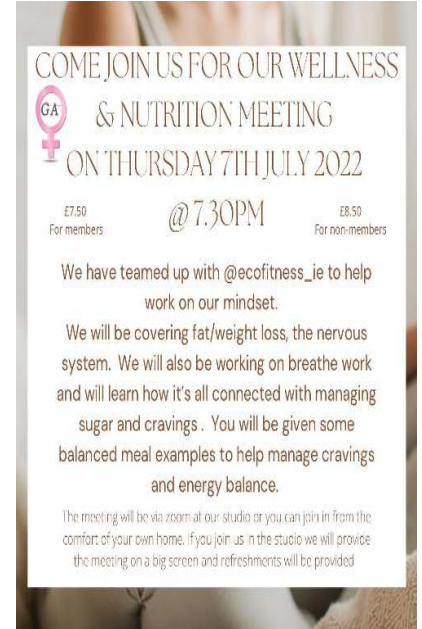




Welcome to the Girls Allowed July Newsletter!

The Summer holiday season is on its way! Let's keep moving and stay fit and healthy for this Summer!

Don't forget we have our wellness & nutrition meeting on Thursday at 7:30pm. Please reply to this email or call the gym to book your place



We have a new number



07984 260679

We have a new number. Please add us to your contacts to receive messages regarding changes & information from the gym

Please add us to your contacts



PIC\*COLLAGE

Please speak to Jane, Laila or Claire if you are interested in our Coastal Retreat. We are very excited!

Claire and Jane may finally be able to touch their toes after all the yoga!



Don't forget to submit your final PB's for last week!

**Big changes are happening here at Girls Allowed!**  
**Please note the gym will be shut 29th July - 1st August to start our big refurb!!!**  
**Extra classes and gym sessions will be available in the studio.**

We also have a big announcement to make in September!  
Please watch this space!