



Welcome to our November Newsletter

We have lots going on this month and we hope you can attend and get the most out of the wonderful GA community

So this month's Newsletter is a little bit late as we have been super busy! You may have noticed our new signs at the front & back of our not 2 but now 3 units! We will be moving the main studio to the new unit next to the gym and the current studio will be a dedicated PT studio.

Fingers crossed we will be up and running by the end of the year and in time for a new timetable in the New Year!



Don't forget we have our Christmas wreath making this Saturday (4th) at 12:30 in the studio. Please come and see us if you would like us to book you in.

We also have our Christmas Party on Saturday 19th November from 7:30pm at Hornchurch Conservative Club (next to Iceland) Tickets are £10. Please come up and see us in the gym to get your ticket. It is a great opportunity to speak to your fellow members and see what everyone looks like, not sweating!

Menopause
Experts
MENOPOWER!
WORKSHOPS
MANAGING SYMPTOMS, NUTRITION & EXERCISE,
SEX & RELATIONSHIPS, MENTAL WELLNESS &
MINDFULNESS.
WORKSHOPS ARE HELD OVER 4 CONSECUTIVE
WEEKS AND ARE £99.
GA LOCATION: GIRLS ALLOWED GYMS,
1 BLENHEIM COURT, NORTHOLT WAY,
HORNCHURCH, ESSEX, RM12 5RK
STARTING
MONDAY
07/11/22 **19:00PM**

Don't forget Our Menopause Workshop starting tonight. Pay weekly £25. Will be great if you are peri or right in the thick of it!

Our ladies have started their 28 day challenge and they are really doing well with all the support and encouragement. Well done ladies!!!

Please keep an eye out for our next challenge