

The Apiary Gym Newsletter

OPEN WEEK 2024

We're hosting our first Open Week of 2024 for everyone working on the park from the 15th to the 21st of January. A host of free body composition scans, gym programmes, PT taster sessions and more will be available for you to try. We look forward to welcoming you.



WHAT'S NEW THIS MONTH?

- We have two new Zumba instructors joining us in January. Lookout for Zumba with Millie on Monday lunchtimes and Shawn on Wednesday lunchtimes.
- LES MILLS Shapes with Sam Wednesdays at 7am.
- Lookout for Bounce with Shawn coming on Wednesday lunchtimes.
- Family swim capacity will increase from 20 to 30 people to allow more members to use our pool facilities with their children. Book in on Saturday and Sundays 11:30-13:30.



DATES TO NOTE & UPCOMING OFFERS



- Membership Offer - Pay nothing until February.

Wellbeing Day 18th of January at The Apiary. Keep an eye on our socials @nhgrantapark & @grantapark for events and

- more info.

Valentine's Day offer. Buy a 5 or 10 pack of PT with your partner, colleague or friend and split the cost. 5 pack £120pp, £24 per session pp. 10 pack £230 pp, £23 per session pp + 2 free guest passes.



GOODBYE KARLA

This month we say goodbye to our amazing PT Karla as she leaves Nuffield mid-January to go travelling.

We'd like to thank Karla for all of her contributions and the energy she has brought to the club. We'll miss you Karla, and hope you have an incredible time!