

The Apiary Gym Newsletter



WHAT'S NEW THIS MONTH?

- Strength & Conditioning Classes every Thursday 12.15-1pm
- 15/15/15 every Thursday 7.30-8.15am and Friday 5.15-6pm
- Total Body Conditioning every Wednesday 12.30-1.15pm
- Stretch & Relax every Thursday 5.30-6pm
- Sports Massage now available - book via the app or at reception



CHRISTMAS JUMPER DAY

Wear your best Christmas jumper on the 7th of December & the best Christmas jumper will win a free month's membership!



CAN YOU FIND OUR ELF ON THE SHELF?

Find our Elf on the Shelf to win prizes ranging from beauty discounts, PT, chocolate, protein products, guest passes and more!

Our Elf will be hiding in a new place every day in December - if you find him bring him to reception and see what you have won!



- 22nd Dec: 6:30am- 9pm
- 23rd Dec: CLOSED
- 24th Dec: CLOSED
- 25th Dec: CLOSED
- 26th Dec: CLOSED
- 27th Dec: 8am- 4pm
- 28th Dec: 8am- 4pm
- 29th Dec: 8am- 4pm
- 30th Dec: CLOSED
- 31st Dec: CLOSED
- 1st Jan: CLOSED
- 2nd Jan: 6:30am- 9pm



SAVE THE DATES

- Christmas Market - 5th December, The Apiary 11-3pm
- Wine Tasting - 7th December, The Apiary 6-8pm
- Festive Fun Run - 12th December, The Pavilion 12-2pm
- Give a Gift now until Monday 18th December at Nuffield Health, your work reception, or McClintock Building.