

The Apiary Gym Newsletter

Fitness Challenge of the Month

GET THOSE STEPS IN!

Stay active and motivated this February to be in with the chance of winning personal training or beauty treatment.

All you have to do is track your steps and let a member of staff know your scores to input on to the leader board.

New Team Member

Let's welcome our newest fitness team member, Story! Story comes from an ice-hockey background with lots of experience with various age groups from 4 to 94.

Story believes that "everybody has the ability to adopt a healthy lifestyle and all it takes is finding the form of movement that motivates you to keep going".

If you'd like to book a 1:1 personal gym programme or PT taster session with Story, email story.navrot@nuffieldhealth.com or book in through the app.



Offers and Promotions



Membership

Make a referral and be in with the chance of winning 6 months' free membership. Offer valid until 31st of March. Email for more info. T&Cs apply.

Fitness

Split the cost of a 5 or 10 PT pack with another member of the gym and get each session for as little as £23 each.

Beauty

Get that Valentine's Day glow with a fabulous 25-minute anti-ageing facial for £33.60. File and gel or eyebrow shape add on available for £45 total. Book in through email or telephone.



Operations Notices



Reminder: the pool area will be closed from 18:30 for monthly maintenance on the last Friday of Feb. It will re-open as normal on Saturday.

The climbing wall will be closed for re-routing on the 28th and 29th of February.

Remember to empty your locker overnight. Checks are done regularly; occupied lockers will be emptied.