

# The Apiary Gym Newsletter



## Fitness Challenge of the Month

Congratulations to our six February challenge winners!



New month, new challenge – The Hang Challenge!

Get to the gym to find out more and to take part to be in with the chance of winning personal training, massage, protein bars, and more

## New Team Member

Let's welcome our newest fitness team member, Quidor "Q". Q's background is a blend of experiences from his time in the military, working along physiotherapists, and passion for exercise science

Quidor's approach to fitness is building peak health through mindful movement, sound nutrition, and good habits. It's also important to meet people where they're at and understand that this is a dynamic process

Book a 1:1 personal gym programme PT taster session with Q by emailing [quidor.giebitz@nuffieldhealth.com](mailto:quidor.giebitz@nuffieldhealth.com) or book through the app



## Easter Opening and Family Swim



### Easter Opening Hours

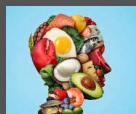
Friday 29<sup>th</sup> of March to Monday 1<sup>st</sup> of April 8am – 4pm

### Family swim will be free during the Easter holidays

March 30<sup>th</sup> and 31<sup>st</sup>  
April 6<sup>th</sup>, 7<sup>th</sup>, 13<sup>th</sup> and 14<sup>th</sup>

### Membership Referral Offer

Referral Offer - 6 months membership for FREE for more details please contact [victoria.curtis@nuffieldhealth.com](mailto:victoria.curtis@nuffieldhealth.com)



### New Classes

- Kickboxing
- Burlesque
- Yoga Sculpt
- Strength and Conditioning



Welcome Renzo our new indoor cycling instructor  
Book in for classes through the app, or at reception

### Activities and Awareness Days

Look out for hydration and nutrition activities in the club on our community and social media pages

We'll also be promoting tips for World Sleep Day on 15<sup>th</sup> of March

A reminder to look out for notices on pool closure near the end of the month for pool maintenance