

The Apiary Gym Newsletter

Flexible, Fitness and Wellbeing for You.

Multisite Membership is available now!
Join Nuffield Health Grant Park and get access to national network of 114 fitness and wellbeing centers.

For more information, please contact grantapark@nuffieldhealth.com or call 01223 606 351



February Move Challenge Winners



Charlotte Alda
Jackie Field
Stuart Field

The three winners had the most steps and minutes of continuous exercise throughout the 4 weeks. Winning 3 Personal Training Sessions each!

Gorilla Grip Challenge Winners



Charles Medcalf
Anna S

Most improved time from a dead hang position. Winning 2 Personal Trainer sessions each. Participants who finished all three weeks please see front desk for more details.



Classes and Schedule

Shapes by Les Mills new class starting April 6th @9:30am. Blend of Pilates, Barre, and Power Yoga.

More evening Zumba Classes have been added to the schedule due to popular demand.

5 spaces available for the 12 Week Transformation Program starting this May. Stay tuned on community page and around the club for more information.



Awareness Days

Pool closure April 5th @6:30pm and will re-open on April 6th for monthly maintenance. Climbing wall will be rerouted and closed on April 17th-18th.

Look out for Stress Awareness Month, Health Matters Week, seminars, drop-in sessions and Q+A's.

New 'three strike' process whereby if you don't attend a class that you are booked in for on three occasions within a month, we will revoke your booking rights for seven days.