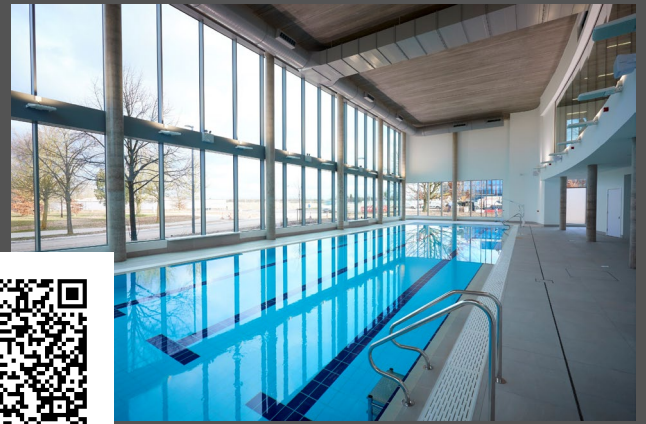


The Apiary Gym Newsletter



Open Week For Mental Health Awareness

May 13th – May 20th unlimited access to all our facilities and more.

Please register your interest via the QR code.

Fitness Cup Challenge



4 week-long challenge consisting of 4 workouts total. Each week will have a set workout that will be recorded for time. Participants must start in week 1 to be in the tournament for the cup! Prizes will be announced at the end of the challenge for participants.

Get Ready For The Summer Of Your Life!

12-week transformation programme starting first week of May. Speak with our gym team to find out more.

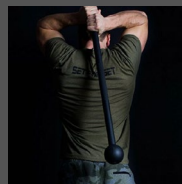
Monthly Hot Topics

Multi- Site Membership Available Now!

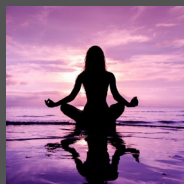
Flexible fitness for flexible working. Corporate multisite membership is available now. For more details, contact information is found below.

Type 2 Diabetes Prevention posters will be up around the club this May. Check out what you can do to prevent diabetes.

Look out for pool closure days at the end of the month due to cleaning and maintenance.



Classes and Schedule



Look out for our new Steel Mace class starting soon!

Train like a warrior using this ancient training tool. Improve grip strength, core strength, shoulder health and coordination with a total-body workout.

Also be on the lookout for the new Breath and Mobility class.

Reduce stress and increase resilience with a combination of breath work and soft-tissue exercises.