

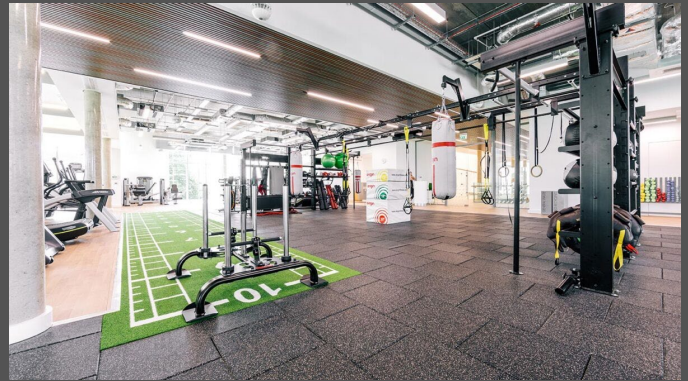
The Apiary Gym Newsletter

Free 7 Day Trial For Immediate Family Members!

For more details or to register please contact

Sonja.bellew@nuffieldhealth.com

Eligibility criteria and T&C apply



Team Addition

Sonja moved from weekend to full time. If you see her at the front desk, make sure to say "hi" but I am sure she will beat you too it.



Women's Health Physiotherapy

With the warmer weather coming, don't let pelvic health concerns impact your fitness and lifestyle goals. Book an appointment with Karen via the Central Bookings Team on 0345 045 4845

Monthly Hot Topics



Men's Health Week

Runs from June 10th to the 16th. Look out for posters on heart disease, how to improve health, why you should get active, vasectomy, and facts about testicular cancer.

July's Beauty Offer

Jessica's nails 10% off includes manicures, pedicures, GELeration soak-off gels personalized to leave you luxuriously pampered and polished.

Classes and Schedule

Tennis Drills and Skills

Has been added to the schedule. Are you eager to enhance your tennis skills whether they are beginner or seasoned?

Neon Beat

Has been added to the schedule. A new dance class where you can lose yourself in a night club environment while working out and having fun.

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