

The Apiary Gym Newsletter

Free 7 Day Trial For Immediate Family Members!*

For more details or to register please email:

sonja.bellew@nuffieldhealth.com



*Eligibility and T&C's apply

CHILDREN'S SWIM SCHOOL LAUNCH SEPTEMBER 2024



MORE INFO TO FOLLOW SOON...

Family swim sessions on Saturdays & Sundays
11.30am - 1.30pm
Please always register and book family swim sessions in advance.

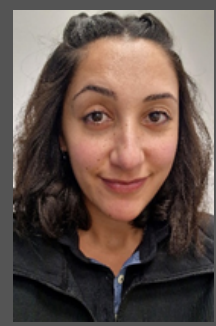
SPECIALISED FUNCTIONAL MOVEMENT THERAPY

- Painful movement, muscles or joints?
 - Unexplained weakness or discomfort?
 - Posture related aches and pains?
- This is for you!

Book through the Granta Park Gym app or at reception .

NEW TEAM WELCOME

We're delighted to have Zeina join us as our new senior physiotherapist. Her extensive experience and expertise will be invaluable as we continue to provide exceptional patient care.



CLASSES, SCHEDULE & FITNESS NEWS

- o Fitness Cup Challenge Winner! Margherita Ciano - Congratulations!
- o Look out for our new classes recently launched including:
 - ▾ Les Mills – Dance
 - ▾ Steel Mace
 - ▾ Women's Intro to Strength Training

Instructor of the month:

Ashley Crawford Pearce
Who has received the most positive feedback from our members. Congratulations Ashley!

»»» SOCIAL MEDIA - FOLLOW US

@nhgrantapark

Stay current with what is happening in the club and gym on our socials and community board on the Granta Park Gym app.

