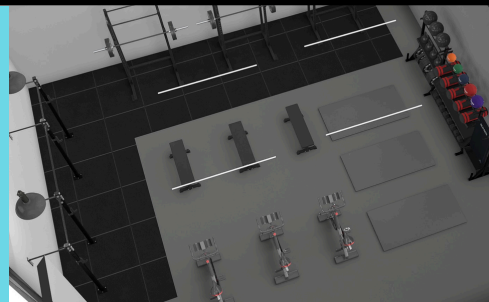


Club Upgrades!!

- Look out for our new studio called “The Forge” coming very soon!
- We have just added 42Kg to 50Kg dumbbells!
- We have added a Power Plate!
- A plate-loaded leverage squat & standing calf raise machine will arrive in October!
- A bicep/tricep cable machine will arrive in October!
- An abdominal crunch cable machine will arrive in October!



We will be promoting several key awareness days throughout October.

Show your support for Breast Cancer Awareness Day by wearing pink on Fri the 18th of October. You can also make donations at reception.

Look out for various content that we will be posting to support Mental Health Awareness Day on the 10th of October.

Karen our Physio, and Caitlin from our fitness team are running a special Pelvic Floor Health workshop on the 17th of October from 13:00 - 13:50 in recognition of World Menopause Day.



Get an additional **FREE** Personal Training session and a **FREE** Sports Massage when you buy PT 5 packs or 10 packs in October.

T's & C's apply so speak to the team to learn more & to purchase.



****Climbing Wall Competition - 24th October****

Save The Date & we will publish more details very soon!

