

# NEWSLETTER



May 13/05/2020

## We can see each other 😁



### We can't wait to see you all 😁

A short newsletter this week. Outlining what to and our new procedures plus a couple cool new things to keep you excited.

### We are open tomorrow

Hours this week 9am - 7pm Thursday - Saturday, closed Sunday and back to 24/7 from Monday next week. No classes this week at the gym but they will start next week.

Zoom.classes will continue until the end of May.

### The new normal at VPT Health Club

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Please take the time to read below

- ◆ Sanitise + read signs before you enter. No keytag no entry, we have to contact trace everyone and this is the safest way to do so
- ◆ Gym Towels - please don't bring your own. If you want one, please grab a gym towel to use for your workout - place these in the hamper as you leave, these need to stay in the gym for us to wash
- ◆ Please spray and wipe disinfectant with whatever you have used, after you have used it, as we did before Covid. This means all equipment. We will be running a tight cleaning job however this will just make it a bit easier for the team.
- ◆ Basic hygiene, stay home if sick, wash your hands, sneezing into elbows
- ◆ 2m distancing, 1.5m in the gym and 2m in the group room, but please let's stick to the 2m. We know you will want to high 5 and have a hug from a friend, but we need to continue to respect the distancing
- ◆ We have sanitiser, gloves (if you prefer), spray and paper towels through our the gym
- ◆ All classes HAVE to be booked. If you are unsure how to book a class, give us a message. This can be done either online, via the app, or message us

## **The exciting**

Take some Magnesium (as a small token of our thanks) when you leave aswell and mini sanitiser if you need some for your personal use and have run out 😊👍

Lastly, we have made alterations to the group room. Crosses are 2m spaced apart, we have boxing bags coming, and a TV has been put in there so that if our instructors are still zooming, we can set this up in the studio for you to watch.

## **What's changing**

We are going to do a MONTHLY newsletter and MONTHLY member of the month. So keep an eye out for that. We will have some great content in it and continue to acknowledge your achievements.

## Ongoing support

We are here for you whenever you need us. Either email us [info@vpthealthclub.com](mailto:info@vpthealthclub.com) or message us via facebook

### ZOOM RECORDINGS

Topic: 9am Circuit Thursday

[https://zoom.us/rec/share/y8Bcdoj85GBJXZX1yH7wVrEmJq3leaa8gykc\\_cPmhzyIft7ruhE6qtE334jUsp](https://zoom.us/rec/share/y8Bcdoj85GBJXZX1yH7wVrEmJq3leaa8gykc_cPmhzyIft7ruhE6qtE334jUsp)

Topic: 10am Yoga Thursday

<https://zoom.us/rec/share/xot8EbL9qm1YInX9UP1BawZlqbFX6a8gyUf-fMMxBmmJWNcHPjP37UbH5TQ6JQX>

Topic: 30 minute blaster Friday

<https://zoom.us/rec/share/we1sEYDS50ILXqvCzH7eZZFmRajoT6a81XNM-KEFz0sV7gfkHeiUEBkPo5aQOJQc>

Topic: Bums & Tums Friday

<https://zoom.us/rec/share/weN1COyzz29JTNbN8F72WK4RL924eaa8hyEd-aJcnUzk9rTBHBOMESAvVOWeDo2e>

Topic: Boxfit Friday

[https://zoom.us/rec/share/4sBEEdJ7yx0ZLRJ321Hjmfo85NMe4T6a81SJM\\_MOzxvfK5qUcKRXYSMVxzwRXRz2](https://zoom.us/rec/share/4sBEEdJ7yx0ZLRJ321Hjmfo85NMe4T6a81SJM_MOzxvfK5qUcKRXYSMVxzwRXRz2)

Topic: 9am Circuit Monday

[https://us02web.zoom.us/rec/share/xsZONfK3rTJLWdbI4hvdBrQKPYjPT6a81SEX\\_AlzEtkLS9IX-uz\\_ayRfdKWK6Qr](https://us02web.zoom.us/rec/share/xsZONfK3rTJLWdbI4hvdBrQKPYjPT6a81SEX_AlzEtkLS9IX-uz_ayRfdKWK6Qr)

Topic: Body Balance Monday

[https://us02web.zoom.us/rec/share/4Zcyfu\\_q52pOZpXlzlOOSJAaXableaa82iUfqKAJyUkSuG8xRZHjmqdSaReFv27f](https://us02web.zoom.us/rec/share/4Zcyfu_q52pOZpXlzlOOSJAaXableaa82iUfqKAJyUkSuG8xRZHjmqdSaReFv27f)

Topic: 30 Minute Blaster Tuesday

[https://us02web.zoom.us/rec/share/9FlDpDc6TxIYJ2U7BzzBpYNGKfAeaa81SBN\\_KUlyxpWshJL-9wzHc165Cr5gzFW](https://us02web.zoom.us/rec/share/9FlDpDc6TxIYJ2U7BzzBpYNGKfAeaa81SBN_KUlyxpWshJL-9wzHc165Cr5gzFW)

Topic: Bums and Tums Tuesday

[https://us02web.zoom.us/rec/share/u9ZSM5bh7T5OQK\\_U0mXVf1xP4a5T6a8hHdN-clYBrfabtKbEBTpdHjIKq2PSyk](https://us02web.zoom.us/rec/share/u9ZSM5bh7T5OQK_U0mXVf1xP4a5T6a8hHdN-clYBrfabtKbEBTpdHjIKq2PSyk)

Topic: 4pm Yoga Tuesday

[https://us02web.zoom.us/rec/share/z95xIKzTyW5IH9LPxIP0BpEAQ7\\_6aaa8gSgf\\_Nfyh1dRWOMRlarP8S\\_BprLpxMy](https://us02web.zoom.us/rec/share/z95xIKzTyW5IH9LPxIP0BpEAQ7_6aaa8gSgf_Nfyh1dRWOMRlarP8S_BprLpxMy)

Topic: 9am Boxfit Wednesday

[https://us02web.zoom.us/rec/share/osYLLDozVhIbLfO62uHfLQhIZ3laaa8gydL\\_qEOnkroPfQ-0gZpfpRVjRatVhEH](https://us02web.zoom.us/rec/share/osYLLDozVhIbLfO62uHfLQhIZ3laaa8gydL_qEOnkroPfQ-0gZpfpRVjRatVhEH)

Topic: 10am Pilates Wednesday

<https://us02web.zoom.us/rec/share/6spOL5zfqk1LXKPiUejnCoU5FZm-T6a81CYd86ZYnRstbolYp3RUZqwV2CMXwkGu>

Have a great Week team and look forward to hearing all your exercise stories

The VPT Health Club team