

NEWSLETTER



June 2020

Great to see you all 😁



Biggest visits in the gym

So awesome to be back open and see you all. We have had our biggest visits with fewer members which is awesome for us. I'm so happy you are all using the gym.

We are back open again and doing personal training

We are back to being a 24 hour gym and have our classes back in action.

Personal training is also back in action and we are doing a personal training special for you and a friend. 2 sessions for 80/week which is only 40/week each to kickstart you into these winter goals.

How good have you guys been?

You have all been so consistent and thorough with cleaning after you use equipment in the gym. It is and has been such a big help and we would like to thank you all for working as a team to keep the gym spick and span!

The exciting

We Are back to level 1

- ◆ You can now bring your towel and own mat to the gym but we will have ours if you want to use them
- ◆ We can now have more people in our classes but still have our amazing small group atmosphere (still book in)
- ◆ The hand sanitizer will still be outside but it is not essential
- ◆ We can now high five 🙌

Upcoming events

- [17th June](#) Workshop-Learn to squat
- [25th June](#) Workshop- Foam Roller session
- We are adding in an extra Body Balance class Wednesday evening at 6:00pm
- Six week challenge starting soon!

The new timetable is below for when the new Wednesday 6pm Body Balance is added into our weekly class schedule.



Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am		30 minute Box-Fit	20 minute blaster	30minute Circuit		
6am	Bums and Tums					
9:15am	Circuit	20 minute blaster	Circuit	Box-Fit	20 minute blaster	
9:40am	Bums and tums			Bums and tums		Pound
10:15am		Walk Club	Pilates	Yoga		
4pm				ZOOM-Pilates		
6pm	Body Balance	Circuit	Body Balance	ZOOM-Circuit		
7pm	Box-Fit	Yoga	Box-Fit			
7:30pm						

June Birthdays

Happiest of birthdays to all the members below and we hope you had/have a healthy and happy day!

Chris 06-02

Tyron 06-05

Melissa 06-09

Siobhan 06-10

Julie 06-13

Graham 06-15

Elliot 06-25

Kelly 06-26

Member of the month



After lock down she got stuck into the classes and managed to get a epic weight loss. Keep it up legend.



Something educational

When you do a stretch or movement and suddenly can't go any further it is actually because of a little tiny tendon called the "Golgi tendon organ". The Golgi tendon simplified, is a tendon that has its own little brain. When your body can't stretch any further, the Gogli tendon sends out a message for your body to stop and not stretch any further. If your body did not have the Golgi tendon organ it would not recognise that a muscle, tendon or ligament is about to tear or snap.

Workout to try

10 squat jumps

20 Burpees

30 tuck jumps

40 push ups

50 skiers

60 walking lunges

70 mountain climbers

80 plank to push-up

90 Squat press

100 bicycle crunches

Have a 2 minute rest and work you way back up to the top!

Ongoing support

We are here for you whenever you need us. Either email us info@vpthhealthclub.com or message us via facebook

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

The VPT Health Club team