

NO GYM?

NO PROBLEM

We may be closing but your workouts can continue!

We want to remind you that staying active and keeping up good fitness habits is essential to maintaining your mental and physical well-being.

Check out the link below on how to stay active while at home that Sport England have put together.

<https://www.sportengland.org/news/how-stay-active-while-youre-home>

Also, some of our Fitness Instructors are doing workouts that you can follow in the comfort of your own home as well as Personal Training sessions and Small Group classes.

For more information, please contact either Hannah on 07718904183 or hannahcarlton440@hotmail.com or Tara on 07879626350 or tara.blackaby@btinternet.com

Sandra, our Yoga Instructor, is also doing online classes and has her own Facebook page L & S Fitness!