

HI,

Winter is swiftly moving in. These next few months mean that the days get shorter, mornings and evenings are now darker and the hot chocolate and comfort foods consume our thoughts and lives. So this means it's time to stay focused, up your game, think of those goals and get yourself a gym buddy or Personal Trainer to get you through these months.



Remember your goals.....

Don't let the winter months rob you of achieving your fitness goals. It may be a little harder to get to the gym when it's cold but - nobody ever said that it would be easy... but we do guarantee it will be worth it.

Don't forget to drink.....

Keep drinking water, warm it up and put a slice of lemon in it for a 'winter alternative'.

Don't do it alone.....

Waking up on a dark, cold morning to come to gym can be a big obstacle to overcome. Having a friend or family member doing the same thing and meeting you at the gym can be a huge help to get you out of bed. Use them as motivation.

Focus.....

Focus on why you joined the gym in the first place. Be it for fitness, health, weight loss, social, don't lose sight of that and use this as motivation.

Lastly – Remember summer is around the corner.....

Yes, it's only 4 months before you will bring the swimwear out the closet and want to fit in to it. That's **16 WEEKS** roughly to maintain or get your 'awesomeness' on.



WHAT'S BEEN HAPPENING IN THE GYMS...

Well our **monthly events** are **HAPPENING** with much excitement around our bootcamps, spin-a-thons and outdoor campaigns. Make sure you watch your notice boards and our Facebook page for details on these events and be a part of the excitement.



We have started '**Group Fitness**' at **I Towers** where you can join a **Personal Trainer** as they take you through the paces. This is a perfect way to get started, up your game or socialize and get training and health tips from the 'best of the best'. If you are a member of ANY of the Jack's GYM you can enter I Towers and pay the P65.00 for the Personal Trainer and be a part of these serious 'gymies'.

Its **HOLIDAY TIME** for the kids, why not get them in to our **FITKIDZ** class on **Saturday from 9.15 to 10.00 am** (I Towers) where they learn how to exercise responsibly, get health tips, and get fit and have fun through aerobics, hip hop dancing and gymnastics. We are also introducing 'exercise through dance' for all ages;-

Please also make note –

ALL GYMS ARE OPEN ON THE PUBLIC HOLIDAYS 1ST AND 14TH OF MAY FROM 7.00am to 13.00.

GUEST INSTRUCTORS will be making appearances in your normal classes timetables throughout all the gyms. This is to create a bit of excitement and "**spice**" things up in our normal classes routine. It will be a great way to learn about new forms of exercise and meet new instructors!

We will be adding **YOGA CLASSES** to both **Mountain View** and **G-west** Gyms as from May. Stretching is vitally important in a balanced exercise regime and cannot be left out, yoga is a great way to make this a part of your routine.

There are some **GENERAL MAINTENANCE** issues that are still pending in the gyms, we are doing our best to make sure that all of these are attended to. We are still in the process of sorting out the water tank at the **Phakalane gym** but we are happy to have the pool issue at **Village gym** rectified. There have been a few complaints about the spinning bikes at **Gwest gym**, our maintenance team has done a full service on the bikes and so they are ready for your enjoyment.

We will be monitoring **CLASS ATTENDANCE** over **winter**, especially for the early morning and later evening classes. We normally see a drop during these months and so please be advised that if a class has consistently low attendance it will be removed over the winter period or moved to a different time. Please put any suggestions on this in the suggestion box. We hope all of you will be **sticking to your training** and that this year our classes stay packed 😊



BE THERE

DON'T FORGET to take advantage of our **amazing special** at the moment where you buy **1 year PRESTIGE, PREMIUM OR MEGA** membership and get a month free.

That's a great saving of **71.00 a month on Prestige**, **83.85 a month on Premium** and **128.85 on Mega**.

THANK YOU

**PLEASE EMAIL LISA@JACKSGYM.CO.BW IF YOU HAVE ANY
QUERIES**

