

**Welcome to our new monthly newsletter keeping you up to date with all things Elite**



Hi Joe

We know not everyone sees everything posted on social media so we thought we'd find a new way of reaching out. Don't worry we won't be bombarding you every other day with pushy sales mail drops. Just once a month to keep you in the loop.

We think back to Christmas 2019 we made a commitment that a new Elite was coming. We have pushed as hard as possible to keep that commitment despite being shut for a lot of that time, we weren't about to let a pandemic hold us back.

New layout, refurb, upgrades, new equipment and longer opening all while becoming the most affordable gym in the area. It's been quite a journey! As for what's next? With the completion of the recent lighting upgrade we'll be taking a moment to step back and map out our plans for 2022.

We look forward to sharing more, for now have a browse and feel free to let us know what kind of things you'd like to see included each month.



Rep your favourite gym with our new clothing line. You can create your own unique styles, choosing which logos you have where on our range of T-shirts and hoodies.

The 'Elite has gone primal' collection will only be available for a limited time. Check out the shop to get your hands on these.

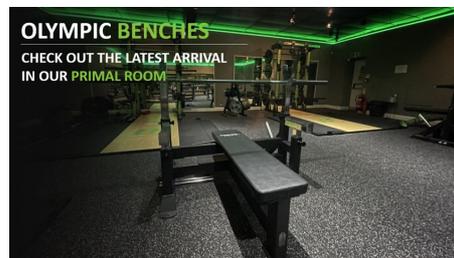
[SHOP TODAY](#)



Please take a few moments to let us know what you think of Elite.

October 2020 we undertook our first ever feedback survey and we're keen to see how things are going following another hectic 12 months of activity.

At the end you'll be able to enter into a draw to win a months free membership.



Our Primal weights room has two new arrivals.

These adjustable Olympic benches come complete with spotter arms. Plus the addition of the adjustable band pegs make these ideal for all kinds of training styles.

These benches make this room a lifters paradise.

[SEE MORE OF OUR GYM](#)



The upgrades to our lighting network are now complete. All lights now running on motion sensors you may notice sections of the gym power up / down as you walk through.



The wiping down of your equipment is a basic element of gym etiquette that should always be happening. It's one that we encourage you all to keep doing.



The new platforms are becoming damaged after just 2 months. Please be respectful and not drop weights on to the wooden sections so we can all continue to enjoy them.

