

#2 Elite Fitness News: December 2021

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Welcome to issue 2 of our monthly newsletter keeping you up to date with all things Elite.

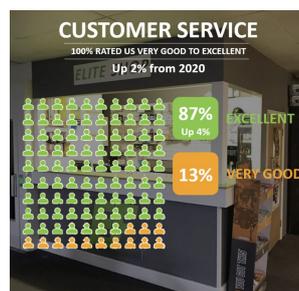


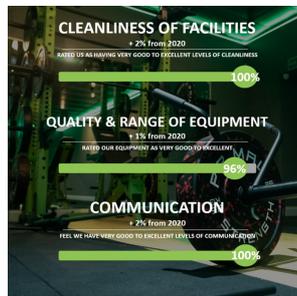
With the recent amendments to COVID measures being introduced by the Government the rules around face masks in the gym remain as they were. Masks are not to be worn while participating in physical exercise with their use when entering and exiting the building being personal choice.

The wiping down of equipment after use is a basic element of gym etiquette and one that we encourage with the same increased emphasis that was apparent when returning from lockdowns.

Your long and continued support in looking out for each other allows us all to look forward to an enjoyable, happy and healthy Christmas with our loved ones.

THE RESULTS ARE IN! CUSTOMER FEEDBACK SURVEY





Thank you to everyone who took a moment to let us know how we're doing and congratulations Jade Golding for winning a months free membership.

As you can see from the graphics the results are extremely complimentary. Given how much out of our control externally we've had to endure coupled with the numerous developments we've managed to undertake over the last 12 months these results are way more than we could have hoped for.

No matter how good the results there is always room to go further to make sure we continue to bring you the very best. You'll be pleased to hear that work is already underway to bring about further improvements.

Some elements may take a bit of time, while some of the quicker and more cost effective items are on course to be introduced early 2022. We look forward to sharing more with you early next year.



For just £2 you can be in with a chance to win up to £50 cash while raising a further £50 for Lennox Children's Cancer Fund, lighting up a Child's Christmas!

See reception for more information with the winner to be announced 13 December. Together we can make a difference!



As Southends only 24 hour community gym we will remain open to members throughout the Christmas period. That does include Christmas day for anyone keen enough!

Reception will operate on a reduced timetable. Non members will only be able to access the gym during these reduced reception hours.

SEE XMAS OPENING HOURS



Soon to be available for purchase from reception, Elite Hoodies!

Some of you have asked to get some items to buy direct as well as from the website, giving you the chance to try them out for size, so we have.

Keep an eye out for these, they'll soon be with us.

SEE MORE IN THE SHOP



Reception will be shutting at 5pm on Friday 3 December as we take the team out for a well earned Christmas meal. Non members won't be able to train that evening.



SPECIAL SHOP OFFER! Throughout December grab yourself a festive gingerbread Grenade Carb Killa protein bar for just £1.50. Available from the counter & vend machine.



When swiping your card at the gate please only do so once & wait a moment for the green light. To prevent unauthorised access cards will lock out for duplicate swipes.



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