

## #3 Elite Fitness News: January 2022

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**Welcome to issue 3 of our monthly newsletter keeping you up to date with all things Elite.**

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Happy New Year! Having missed out on a January last year we really didn't know what to expect this time round, especially given the uncertainty from the UK Government the last few weeks. So hearing Boris talking about riding out the current wave fills us with great confidence that we can continue to focus on driving the gym forwards.

Even though we are not expecting any further measures case rates in the general population are still high so we must continue to do our bit to make sure we remain the safe and secure gym we have throughout.

Make sure you put your equipment away and wipe down after use. Our team will be keeping an eye out and reminding the small minority that may forget from time to time.

We start this year as committed as ever to develop Elite. A commitment that comes with extraordinary challenges. A volatile energy market and record levels of inflation will undoubtedly impact our ability to do all the things we want, however, as we always have we'll look for the opportunities and look forward to sharing more about what's coming as developments happen.

Despite these significant obstacles there's plenty to be positive about and we cannot wait to see what this year brings. The bar was set pretty high in 2021!

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**Help us grow and make 2022 our best year ever!**

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You are what makes Elite an amazing gym to be apart of. We'd like to fill the place with more people just like you. We are running the above offers on our 12 month and monthly rolling membership options. Please forward to your friends, family and training partners encouraging them to join you here at Elite.

### SEE MORE OF OUR MEMBERSHIP OPTIONS

We know that the new member offers can often leave people wondering what we're doing for our existing ones. This year we plan on changing that with more rewards for you. We have some ideas about how to do that and we'd welcome feedback on the kind of things you'd like to see. Drop us an email [info@elitefitnessessex.co.uk](mailto:info@elitefitnessessex.co.uk) We can't promise all suggestions will be feasible, but all will be considered.

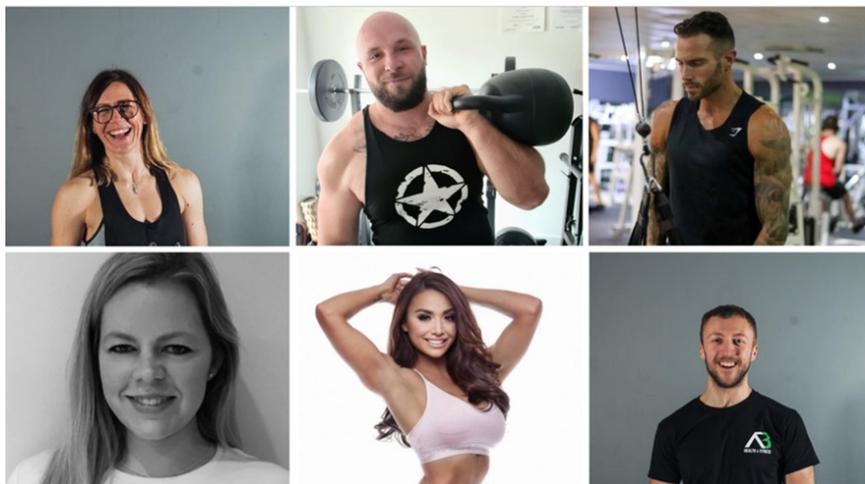
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### Make the most of your sessions with a Elite Personal Trainer!

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New to the gym? Feeling a little intimidated? Not sure how to use the equipment? Unsure how to make the most of your sessions? Hit a plateau? Get in touch with one of our Personal Trainers.

No matter your experience or goals our trainers have the knowledge and experience to expertly guide you and help you make the most of your sessions. We don't just trust anyone when it comes to helping our members. We have built a fantastic team consisting of some of the best trainers you can find, all of which have been thoroughly vetted. Check them out and drop them a message to see how they can help.



### MEET OUR TEAM



Grab one of our fresh made shakes for just £1.50. Double up for an extra £1.00.

Flavours include vanilla, strawberry, Raspberry, Chocolate, Banoffee, Peanut Butter. Or mix 2 together to make your own unique combination.

Ask reception who'll be happy to mix them up for you.

Offer doesn't include pre made UFIT shakes.



With winter coming keep yourselves warm with one of our very comfortable hoodies.

Our warm and comfortable collection is available online and at reception. See a member of the team if you'd like to check them out before purchasing.

Available in a range of styles there's something for everyone.

**SHOP NOW**



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