

## Wonderful Wellness Family...

With the witchy fun of Halloween now behind us and the nights drawing in, we are well and truly into Autumn now, and overdue our seasonal update!

As many of you will know, we recently opened our second studio in Durrington which has been enormously exciting! Meanwhile we have been getting extremely busy here at Newbury, and doing our very best to meet demand! I can not thank you all enough for your support in sharing the word and growing our gorgeous community. We have recently added 5 new classes so do check out the current schedule!

We have also welcomed the wonderful Leigh Anne to our team and are thrilled to have her many years of experience in the fitness sector joining our forces.

Xmas Party details below!!! And Xmas skeleton schedule! Eyes peeled for our Black Friday offer too. As always the hugest heartfelt thank you to every one of you for your commitment to Wellness. Y







Monday 22<sup>nd</sup> December
OPEN AS USUAL

Tuesday 23<sup>rd</sup> December closed for staff training

Wednesday 24th December

8:30 MIXED ABILITY 9:30 MIXED ABILITY 10:30 MIXED ABILITY

> Xmas Day closed

Boxing Day CLOSED

Saturday 27th December

8:30 MIXED ABILITY 9:30 MIXED ABILITY 10:30 MIXED ABILITY

Sunday 28th December

8:30 MIXED ABILITY 9:30 MIXED ABILITY 10:30 MIXED ABILITY

Monday 29<sup>th</sup> December CLOSED UNTIL 2<sup>ND</sup> JANUARY





Don't forget to get your card stamped every time you share us to your story, or post on

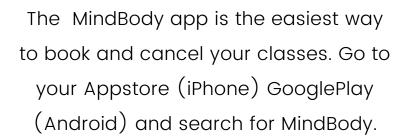
Instagram/Facebook/Tiktok or leave us a google review. Grab yours at the front desk, anf fill it up for a free class!

## Sports Massage

Sports Massage appointments are available with our resident Sports
Therapist, Andrew Southam, on
Mondays and Thursdays in the
Treatment Room next door to the studio.

You can book these online, via the MindBody app or reach out to him by email, andrew@wellness-pilates.co.uk if you have any questions.





← It should show this logo

## **Polite Reminders**

- Please remember that the 24 hour cancellation policy
  applies to all classes and clients and we have to be fair to
  everybody involved. Please cancel via the booking system if
  you can't make it.
- Please wear your grip socks during all classes as these are a part of our Health & Safety Policy.
- I have been made aware by our lovely neighbours that they
  have had difficulty leaving their driveway safely due to cars
  parked opposite their exit. A reminder to please be
  mindfulwhen you are parking, particularly large vehicles and
  to use the car park wherever possible.

