



WELLNESS PILATES

November Newsletter

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.

Leah x



@wellness_pilates_newbury



wellness-pilates.co.uk



WELLNESS PILATES

YOU'RE INVITED TO OUR

CHRISTMAS PARTY

THURS 4TH DECEMBER

Time: 7:00pm – 10:00pm

Where: The Bowlers Arms, Enborne St, Newbury,
RG14 6TW

Please let us know you are coming so we can
keep an eye on numbers: 07984964004

Holiday
SCHEDULE
Newbury Studio



Monday 22nd December

OPEN AS USUAL

Tuesday 23rd 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 29th December

CLOSED UNTIL 2ND JANUARY

Social Media Reward Card



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, and 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.



Do you use the app?



The MindBody app is the easiest way to book and cancel your classes. Go to your Appstore (iPhone) GooglePlay (Android) and search for MindBody.

← 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 mindful when you are parking, particularly large vehicles and to use the car park wherever possible.