



We'd like to give you an update after our re-opening after the COVID-19 lockdown.

The feedback we've had has been very positive. Members have felt safe and also been really helpful, assisting us to refine our protocols, making it safer for everyone.

Some quotes from our members:

"Did my first session at the gym yesterday and it was so great to be back. Absolutely spotless gym, fantastic lads cleaning non-stop, great work HD3!"

"Honestly, I was so impressed by the new cardio room and the way equipment is set out, you have obviously worked so hard to meet all the regs." SL (member)

"1st class in 4 months, very well organised with plenty of space. Well done HD3 Team." VM (member)

"Loved it! Really good work out! Also, the gym is spotless, with all measures in place to ensure you feel really safe" JW (member)

The booking system is working well, with many members using the *booking app* for the first time (and even saying it's really easy to use!)

Sometimes when the gym is quiet, members have asked to stay a little longer than the 1 hour, this is fine. But please make sure the Fitness Instructor on duty knows that you are extending your workout.

Also, some people have asked to book more than one class or gym session. We ask that you wait until the day of the class or session and if there are still places then go ahead and book that second slot.

Cleaning: A MASSIVE THANK YOU, to all members. You are sticking rigidly to our cleaning regime. For the safety of everyone, it is really important to clean your equipment after use (and anything you have touched) with the anti-viral sprays and blue roll. Well done everyone!

If you haven't been back to HD3 Fitness Centre yet, please give us a go. If you need any help and advice on how to book your session call on 01484 646506 or email us on: info@hd3fitnesscentre.co.uk

Take care everyone,

Ruth and The HD3 Fitness Team