

# MEMBER UPDATE

WINTER 2024

*Happy New Year!*

We had a very busy and productive end to 2023. Our autumn six week special once again proved extremely popular, with plenty of new and familiar faces coming in and taking advantage of the offer.

**A time of Celebration.....**

We hosted a Halloween Party on 31st October, with Halloween themed classes going on through the day and reception and the studio decorated for the occasion. Our members really got into the spirit, with plenty turning up in some amazing fancy dress.



Following on from its success in 2022, we hosted our second Fitmas Party on Friday 15th December. There were plenty of refreshments and food at reception to keep everybody's energy up in the classes, it was a big success. A massive well done to Mark Aston who did every single class on the day!

**We have new equipment in the gym!**

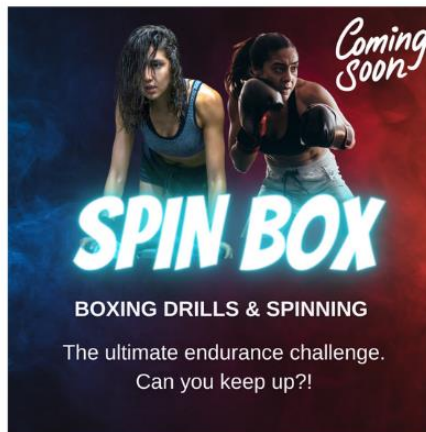
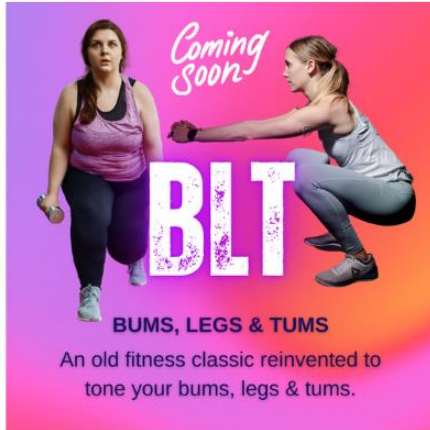
We have a landmine attachment that can be used to give resistance and overload to a variety of strength and power movements in the weights room. We have new Olympic plates, booty bands, power bands and a new step to give people variety in their workout. In addition, we have some new Suspension Trainers for the studio.

**LIBERTY**  
Health Club



# NEW CLASSES

New classes were added to the timetable for January.....



Starting January 29th 2024!

## COMING SOON

We are planning a big fundraiser in 2024, so keep an eye out for details to follow...

*Thank you for all your support.  
The Liberty Team ♡*