

Corona Virus and what we're doing

FOR ALL GYM MEMBERS 20.3.20

- For now we must abide by what was announced today. The Club is closing but please do not worry I WILL find a way through this. I cannot offer refunds (see Terms & Conditions) - but we CAN freeze payments if on d/d, or carry what is left of your term over til when we re-open, hopefully soon
- HOWEVER Classes will be online at their normal times, streaming on FB live on a dedicated page called 'The Quarantine Workouts'. My classes suit EVERYONE (yes, even youyoung lads can get ideas from this). Find me Cat Wyllie-Fox if you can't find the group I'll get you in. I'll provide enough to make your normal fees count. Challenges, Themes, Wake up workouts, meditation to sleep, Weights ideas (if you have weights at home).... Bonuses. Mostly to get you off the settee (its so EASY isn't it?!)
- So: if you have a mat at the gym at the club take it home ready for our front room sessions
- The Quarantine Workouts (copyright Cat 13.3.20).. have already started in a studio I've set up at home! (it looks really good as it happens!)
- The only class that I can think of that will be compromised is boxing circuits and I can still give you ideas (equipment free) that we can do at home using boxing moves and sequences. We can do Tabata, HIIT, mini accumulators, and all sorts with this!

For non members: Lastly at 2 o'clock every day I will be putting an outdoor workout in or outdoor workout ideas with my dogs in our gorgeous localities around here - since I'm walking the dogs anyway I might as well do this for the community (and it's going to be free)

For this - join The Quarantine Break. I can take others with me for interviews on local issues, great ideas to keep us mobile and the brain occupied or just join in the chat! All From the 20th March 2020

