



GHFC

Monthly Email Newsletter - August 2020



WELCOME RICKY

We are very excited to welcome Ricky Graham to the GHFC Team. Ricky comes with great credentials and experience and will be taking our BoxFit and GHFC Fit Group Sessions and will also be doing lots of Personal Training.

Please make him feel welcome!

COVID SAFETY

Thank you to everyone that has been adhering to our strict COVID safety guidelines. We really appreciate your efforts and ask that you regularly refresh your memory by re-reading our COVID safety guidelines.

We have hands free sanitiser stations on order to further minimise our touch points in the Studio.

We do ask that you minimise "gatherings" inside and outside the studio where you are less than 1.5m apart. We know it is hard, but a \$5,000 fine will also hit hard!!



We have had a few people ask about what to do when they travel away and this is a tricky one as many people that haven't travelled have still had exposure to people that are from out of town, and so we ask that you use your judgement wisely. We would hope that nobody would travel to a hot spot and return straight to GHFC. I have parents and a daughter that I have not visited since February due to COVID (that I used to visit every 3-4 weeks) and it has been really tough on us all but I don't feel I could then come back and train you all. If you do travel, we would hope that you wear a mask and try not to visit too many public gatherings. Should you choose not to adhere to this NSW Health advice, we are happy to offer you outdoor PT and/or access to our fitness app and programs whilst you isolate on your return. Anybody that wants to wear a mask during their GHFC sessions, is very welcome to do so :)

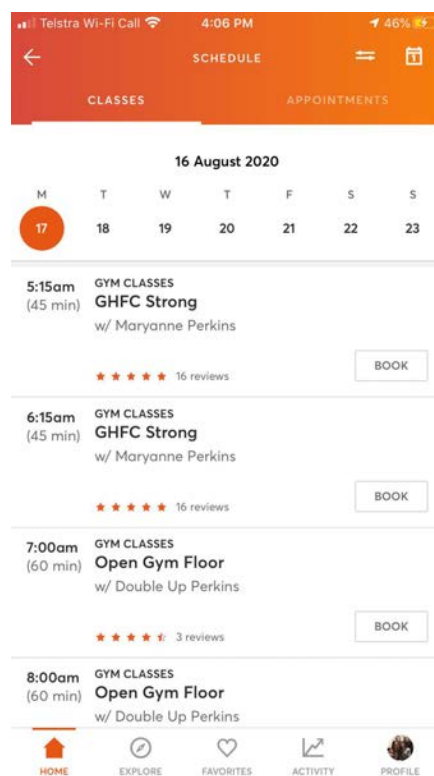


CLOTHING ORDER

We are doing another GHFC clothing order, please check your emails and return orders by Friday 28/8/20

MINDBODY

We are aware a few people have had problems with MindBody - please let us know when/if ever this occurs as we pay a lot of money for the software and need to ensure it is being supported properly. Please send us a screen shot of your problem through to us, and then we can send it on to the software support team!



SPRING TIMETABLE

From 1/9/20 there will be a couple of changes to the timetable and these have already been updated on MindBody:

- Run Group will be back on Tuesdays at 6am (and GHFC Fit will be on at the same time)
- BoxFit will be also offered on Wednesdays at 5.15pm with Teenagers welcome to attend
- Yoga on Wednesday's will return to 6.15pm

If you have any feedback or suggestions or queries, please do not hesitate to contact Maryanne Perkins on FB/GHFC or email ghfcgunnedah@gmail.com or mob # 0427652909