



October Newsletter..Issue No1

Hi everyone and welcome to the new Studio One monthly newsletter. The newsletter will keep you all completely up to date with the latest developments at Studio One and what the plans are for the month ahead.

My 1st month has been a busy one and certainly a steep learning curve! Before I took on the business I was employed as a Regional Manager for The Carphone Warehouse so my background has nothing to do with the World of Fitness! My role was very much about taking a business from one point to the next and in turn helping to improve the customer experience. I plan to do the same with Studio One and very excited about what lies ahead and hope you'll all feel the same.

Over the next few months you will be seeing some changes to the business. Hopefully there will be very minimal disruption to the gym. My intention is to do any major work that would affect the gym to be done out of hours and so not disturb you.

The 1st major stage is that the current fuse boxes are to be changed as they are now outdated. This along with the changing of all light fittings is essential to the safe running of the business. The new lighting will be a lot more environmentally friendly as we currently have a lot of lights on during the day which is completely unnecessary. The whole business will also be fitted with suitable emergency lighting.

The 2nd stage will be to the shower area. Ideally I'd go a lot further with this if I could afford to do so, however that might have to wait a bit longer. That said, the initial plan is to update the pipes in the showers so each shower actually works. I'm changing them so the shower start buttons work and updating the shower heads. I'm also looking at the matting situation at the moment so will update on that when more news.

Once all this electrical and plumbing work is complete I will be looking at decoration throughout. Again, I will try my best to minimise the disruption to the business.

You will also see some new signage going up in the next week or so which will help to create a new and fresh image for the business. The new colour of green and black will be evident on the logo's and throughout the gym.

Unfortunately both the Infra-red Sauna and Wooden Steam cabinet located in the rear of the business are both leaving us! The current set up doesn't allow the area to be monitored for safety and therefore is a risk and not one I'm willing to take. Therefore I've had no choice but to remove them. On that note, anyone interested in buying them, please let me know!

Studio One Website. I'm delighted to announce that we will very soon have our own Studio One website which will be kept up to date with all the latest Studio One news and information. Thanks to one of our members, Pete Cain for his work on this. The website name will be Studio1fitness.co.uk (not yet live though)

Wifi hotspot..Sticking with the technical side we now have WIFI hotspot area in the reception area. So feel free to log on to it if you feel like spending some personal or work time whilst at the gym!

So some exciting times ahead and I hope you enjoy seeing the changes that will be taking place over the next few weeks and months ahead. Thanks for your support, and keep that feedback coming.. Adam

Other Studio One News

Gemini Health and Beauty

Claire's Business is continuing to grow and the feedback I receive from many customers makes it easy to understand why.

Her September offer was so popular she's decided to extend it into October. Remember she also sells Gift Vouchers so if you're thinking about early Christmas presents, they make a great choice!

Claire's contact number is 07866 988768

Classes

Kay's Step, Ball, Pilates and Body Balance classes are continuing to be very popular which is great news.

Kids Dance Classes

I am awaiting confirmation on this but hopefully we will also see the introduction of children's dance classes on a Tuesday afternoon. Anyone interested in this please let me know. In the meantime, watch this space!

Personal Training

I'm delighted to announce that from October we will have a Personal trainer based from Studio One.

Jamie Beddin is a fully qualified Personal Trainer and will be offering his services and experience which I'm delighted about. There will be a cost for this service as you would expect, however Jamie will also be looking at running some classes for members and will be involved in developing other area's which I will be able to update you with throughout October.

Jamie's contact number is 07891 871556

Hypnotherapy and Regression

October will also see Joanne Moody joining us at Studio One. Jo is a fully qualified hypnotherapist and will be offering her services from the small room at the rear of the business. There will be more info on this throughout the month.

Self Defence Classes

I am currently looking at the possibility of introducing a Children's Self Defence class on a Saturday morning. Anyone interested in this or any other classes please let me know.

STANDING ORDERS

If you pay your monthly subscription by Standing Order and haven't yet changed it from Kay's Barclays account to my own Natwest account, please speak to us today so we can help to get this changed asap. Once you have signed the new Standing order mandate please ensure the old one is cancelled with your bank.

Hygiene

You will have noticed some hand towel dispensers located in both toilets and one in the gym. With regards to the ones located in the toilets, please don't flush the tissue but dispose of the old towels in the bins provided. The toilets don't like them! With regards to the one in the gym, please ensure you use this for cleaning down any equipment after you've finished with it. Anti bacterial spray is also provided. Thank you..

Saturday Opening

You will probably have seen that we have now extended the Saturday opening time from 8am to 5pm. Any other feedback on opening times please let me know and I'm happy to listen.

Finally! Thanks to Kay, Ayden and Roger for their support in the past month, much appreciated.