

Health Club update

Dear health club members, in these unprecedented times, we hope you are all as well as can be and are staying safe. The team at Action Heart don't like to see an empty gym and we are hopeful this is something that will soon change. To prepare for the health club reopening, the team are working behind the scenes on some exciting ideas and incentives. The aim is to provide even more member support to help you all with your health and fitness goals alongside having more fun of course!

Thank you to everyone for your continued support. For the time being, you can still be active around the home or outdoors as long as current Government guidelines are being adhered to. A brisk walk, cycling or even gardening will help to manage one's physical wellbeing....or boredom, just stay safe and remember to warm up beforehand and conclude your exercise session with a cool down!!.

We look forward to seeing you all soon - Action Heart.