



# Gym Newsletter

Latest news and updates

November 17, 2023 / ISSUE 3

## E Mihi

Tēnā tatou,

Ko te tūmanako ka tae ai te kārere nei kei roto i te ahuatanga o te oranga pai a te wā nei, ko te Raumatī!

We hope that this newsletter is continued to be received by you in good health as we welcome our Summer festive season!

## Message from Marianne

We wish Marianne the best of luck and speedy recover for her knee surgery! She will be off for 6 weeks starting end of November and to return in the new year with a new knee! Please feel free to speak with our friendly staff and to catch up with Marianne before her big leave.

## New Staff Member

Many of you may have already met her either on the floor training other people, in her office while in the sitting area or have had a friendly chat at the counter! We welcome Sarah with her plethora of knowledge and energy she brings for our members, kaimahi, rangatahi and the wider community! Don't be shy to pop in and have a yarn 😊

## Golden Rules

The best way to protect ourselves and our communities will be to remember, *"If you are sick, stay home"*.

We encourage you use the sanitation items available in the gym to help reduce the spread of germs and keep our facility clean for other members. We have spray bottles and green towels available located at the front of the gym.

## Christmas Hours

There will be no staff operating between the 22<sup>nd</sup> of December to the 8<sup>th</sup> of January. Members with a Key FOB will be able to access the gym during this period. A reminder that our facility is secured with CCTV, please contact police in an emergency. Both Pete and Marianne contact details are in the entrance should you need to contact them for urgent gym or security matters.

## Key FOB

We will continue to encourage members to sign-up for our key FOBs as we prepare to phase out our membership cards. Please sign-in as usual on the clipboard, we will update all members of the next phase!



## CONTACT

**Location** - 97 Taonui Street

**PH:** 06 356 1570

**Email:** [info@tehagym.org.nz](mailto:info@tehagym.org.nz)

**NABBA:** [nabba@inspire.net.nz](mailto:nabba@inspire.net.nz)

## Staffed Hours

**MON to THURS:** 7am-2pm & 4pm-8pm

**FRI:** 7am-2pm & 4pm-7.30pm

## FOB Hours

MON to SUN: 5.30pm-8pm



## Exhale Massage

CALL or TXT  
**021 0906 0141**  
to book an appointment.

