

Hi guys,
Well its "Mid Summer", You could have fooled us! June was a bit of a washout!
Let's hope we get some sunshine in July...



POWER HOUR!

We've been delighted to see a lot of you availing of the new sports massage practitioner on site.

Patrycja has come up with an ingenious idea for those of you who might want to give it a try, without committing to an hour massage - **THE POWER HOUR!**

Every Saturday morning Patrycja is going to set aside a couple of hours where she will be available for a 15 minute sports massage, for €10!

Call Patricjva on 0857839385 to arrange an appointment.



A.M. Training

Going forward, the 6.30 am sessions will change from **TRX** to **HIIT** style sessions.

The perfect way to **KICK START** your metabolism for the day.

Gym Towels

Even though the Sun has not been out that often, the temperature has been fairly mild, even pleasant at times.

So, please bring a towel with you to training. Just the thing to mop your brow & keep the sweat out of your eyes...

JULY 2016

LIFTING SESSIONS

Our highly popular Lifting Sessions are getting a facelift this July.

We will be running a new 6 Week Lifting Term from the start of August, (Deposits taken from Mid July).

But in the meantime, we are going to be offering our Lifting Sessions throughout the week on a "drop in" basis.

We believe that whatever your training or lifestyle goals, you'd benefit from being stronger and increasing the lean muscle on your body.

There are too many health related benefits to name, so we'll make it simple. If you want to...

- **Get Stronger**
- **Leaner and Burn Body Fat**
- **Accelerate your Metabolism and Improve Body Composition**
- **Basically Kick Ass and Look Awesome doing it!**

You should be lifting weights as part of your training routine. These sessions are limited to 6 people per session.

We plan and mentor the session for you to make sure you are training safely and effectively.

€12 per 1 hour session.

These Lifting Sessions will be exempt from the multi buy discounts on the Booking App.



Contact us for more details!

Feedback

We've been delighted with the feedback we've had to date, but want to give everybody the opportunity to make DublinFitClub better.

Its your club, so please take the time to fill out a form in the Gym, or even fire through your suggestions on a contact form via the website.

Blog

Stay right up to date with all things Health & Fitness related on our DublinFitClub website blog.

With the latest recipes, training equipment, training tips & mobility drills from around the globe.

This month's Blog topic is upper body mobility drills.

Hell & Back!

We will be arranging another trip to Hell and Back for September!

Contact Brian to get involved.

If you have any questions regarding training/nutrition or lifestyle factors, please get in touch...

Cheers and see you soon,

Brian & PJ

DUBLIN
Fit Club