

TE HA - HUMAN MOVEMENTS NEWSLETTER

May 01, 2023 / Vol 2

OPENING HOURS UPDATE

We will no longer be staffed on Saturdays - This is starting from 5th May 2023. Key Fob Access is required for the Gym during weekends.

Sign-in Process

Members to please continue signing in with Key Fob and with Membership Card at the front counter until these are phased out.

Automatic Payments

We are encouraging all members to consider switching to automatic payments to renew their memberships.

GYM HYGIENE!

Please use the sanitation items available in the gym to help reduce the spread of Covid. We have Spray Bottles and Towels available located at the front of the gym and will soon have them located in every room.

**EQUIPMENT IS TO BE WIPED AFTER EVERY
USE**



CURRENT STAFF

Jackie, Marianne and Hitaua are our current staff in the building. If you have any questions or need any assistance, feel free to chat to them, they will be on site during our staffed hours on weekdays.

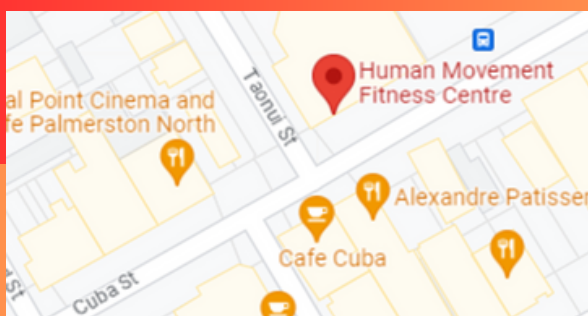
PARKING

Reminder of parking limits on Taonui street, 60 minutes on street parking and 15 minutes outside the dairy. Parking wardens have been active in this area the last few months

UPCOMING:

- WIFI
- Updated Website
- New Business Name

Location - 97 Taonui Street



Opening Hours

Monday to Thursday 7am to 2pm & 4pm to 8pm

Friday 7am to 2pm & 4pm to 7.30pm

Saturday 9am to 12noon



EXHALE MASSAGE

Just a reminder we have the amazing Jazz massage suite located at the gym, she is a Qualified therapist specializing in Swedish relaxation, sports and deep tissue massage with 8 years.



CALL or TXT 02109060141 to book

Contact

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