



Hey Lakeshore Fitness

A new month is here – and with it, new opportunities to stay fit, try something different and make the most of your time at the gym.

What's on in February?

6th February – Time to talk day challenge

In support of time to talk day, we're encouraging everyone to get involved in a simple challenge. Start a conversation with a colleague you don't usually speak to and check in on how they are doing. A small chat can make a big difference.

16th – 23rd February for National Cancer Prevention month

100 miles. One goal. One week. From Monday 16th to 23rd we are aiming to hit a collective **100 miles** as a community. Please support the cause. We are sending out a poster with more information, please visit reception and commit to a distance.

17th February – Pancake day

Try our delicious, pancake recipe, which can be found on our social media.

Other News

Member of the month

Congratulations to Mohammed Kawsar, view his feature on the member information board in reception.

Winter Olympics challenge

Winter Olympics, on our monthly information, this can be found at the gym. Try it!

Member Incentive

As a direct debit member of a 3D Leisure club, you can access our network of clubs across the UK, enjoying two free visits per club each month. For more information, email manger@lakeshorefitness.co.uk

Try before you buy

Class passes are available for just £3 for 3 on your membership account. **New PT prices and packages** available now!

Thank you for part of the Lakeshore Fitness community. We look forward to seeing you in the gym this month.

David and Flo



If require any help contact David and Florina on manger@lakeshorefitness.co.uk

Follow us on facebook: /LakeshoreFitnessCaldecotte

*Lakeshore
Fitness*