



We are really excited about holding the gym for heroes event at Nottingham DW Sports Fitness.

The regional manager and myself have sent on all the information to other DW clubs in our group so that they get on board.

We have already put wheels in motion and including the event in our sales and marketing planner and members newsletter as we have a lot of members who are passionate about this charity.

We have been making jokes about trying to get hold of gel seats for the rowing machines! ☺

Some of our members are completing an endurance challenge with weighted backpacks for help for heroes in a couple of months so this is a great training tool for them leading up to that.

We are open to the general public taking part in this event and we have exciting joining offers on during July so it's worked out really well.

DW Sports Gym Nottingham – 21.6.10

<http://www.bmycharity.com/v2/gymforheroes>
enquiries@gymforheroes.co.uk
<http://www.gymforheroes.co.uk>
<http://www.twitter.com/gymforheroes>
<http://www.justgiving.com/Gym-for-Heroes-2010>

