



## Covid-19 Update

First off the team would like to say THANK YOU SO MUCH for your kind messages, emails and phone calls and your continued support. Without you guys, our members, friends, we would not exist as a business.

We totally understand that you will have difficult decisions to make over the next few weeks. Therefore we have come up with two simple options for you to consider:

1. Join our online HOME programme. Please email the team with your details if you'd like to stay fit and healthy by receiving the following:

- A- Up-to 5 online workouts per week.
- B- Join a private members' Facebook group
- C- Receive nutritional PDF's and health advice
- D- Join our new WhatsApp group to stay motivated
- E- Join our online classroom - Technique workshops
- F- Take part in weekly challenges and leader boards

2. Put your membership on hold until the closure period is over. Please email [info@resultsroom.co.uk](mailto:info@resultsroom.co.uk) with your details and we will arrange this for you.

Please feel free to contact the team If there is anything else we can do to help out. Finally our thoughts are with you all during this 'crazy bonkers' time. Again, THANK YOU SO MUCH. We WILL beat this.

Together as a team if we support each other we will make it through this. Tough times don't last but tough people do!