



**Member of the Month
FEBRUARY
2012**

Sarah Stanton Congratulations !!

Sarah joined as a member of the Beaumonts Health Club back in August 2011, mainly because she wanted to keep fit but also to de-stress from her work, which is located very nearby. Sarah works as a Primary School teacher, which we all know is very busy and demanding, so it is very handy for her to be able to work out in a conveniently located gym to off load some of the stresses of the day!

During her work out, Sarah likes to mix things up with some cardio exercise and also some weights, which is a sensible approach. Apart from the location, Sarah also likes the facilities here at The Centre, and the range of classes on offer. She has even gone so far as to say that she enjoys the atmosphere here compared with other gyms where she has had a membership. We clearly have a mutual appreciation going on, as we all think she is a lovely girl and she thinks the members of staff here are friendly and helpful. ☺

When not working hard at the Primary School, or here in the gym or studio, Sarah admits that she just lives for the weekends for a bit of well deserved rest and relaxation. Good thinking, we say.

Congratulations to Sarah who is a pleasure to see coming through our doors, and long may she continue to derive the benefits of exercise with us here at the Beaumonts Health Club.