



GYM OPEN DAY

THURSDAY 8TH JANUARY

Start 2026 strong at Hope Park Sports

The new year is a great time to refresh your goals, but January can be challenging. This year, keep things realistic, positive and consistent. Set goals that suit you, stay motivated, and most importantly, be kind to yourself.

What's driving you in 2026?

Dry January • Quitting smoking • Weight loss • New fitness aims
Event training • Better health • Trying something new

Whatever your motivation, our team is here to help.

Book your 25 minute slot at our taster day and we'll chat through:

- Your fitness expectations for 2026
- How we can support your goals
- Practical demonstrations of equipment and exercises



**HOPE PARK
SPORTS**

AT LIVERPOOL HOPE UNIVERSITY

Scan the QR
code to book
your place

