

**Exciting Changes Coming to Your iCan Spaces!**

Dear iCan family,

Lisa here on behalf of all your iCan team. We are excited to share some fantastic updates about the improvements we're making to your iCan spaces, all designed to enhance your experience with both our wellness and fitness services and truly unite our fitness and wellness provisions in Carlisle.

**Temporary Centre Closure for Exciting Improvements**

To make these exciting changes possible, the centre will be closed on Wednesday 9th October and Thursday 10th October. But don’t worry—this short closure will be worth it!

On the Wednesday, we’ll be reorganising the spaces, moving the equipment and furniture, painting, creating the new spaces and reorganising. If you’d like to lend a hand, we’d love your help!

Just let Nic or Tash know if you're interested in joining us for the day.

On the Thursday, our staff will be attending essential wellbeing and support training to continue delivering the top-notch, supportive service you've come to expect from us.

We will relaunch with our brand-new look and refreshed staff on the Friday 11th October as usual for both fitness and wellness sessions.

**Own access**

We’d like to let you know that, due to the upcoming space adjustments, “own access sessions” will be ending as of Tuesday 8th October. We understand this may be disappointing to some of you, but we believe this change is the best way forward to ensure everyone’s safety, enhance your overall experience, and allow us to continue providing the group services we’re so proud of.

We appreciate your understanding, and for those with fitness memberships who feel this change may impact your membership, we are here to help. Whether it’s finding a solution that works for you or assisting you in sensitively ending your membership, we will do everything we can to support you.

**New Reception Area**

We’re creating a brand-new reception space in the current WeCan Wellness communal area. This will serve as the main entrance and exit for everyone, and it’s where you’ll sign in for all services and classes, whether you're participating in WeCan Wellness or fitness activities.

**Dedicated Private WeCan Wellness Space**

We are thrilled to announce a new, private and quiet WeCan Wellness delivery space. This calm location is in the white building opposite our current units, offering a beautiful backdrop of the river and trees. All wellness sessions will be held here, upon arrival, you’ll sign in at the new reception and then a team member will take you to the WeCan Wellness space, which will also feature a tea and coffee station and a toilet for your convenience.

**Fitness Area Expansion**

Our fitness area is expanding to feature a brand-new studio. This space will specially host popular classes like Power Pump and Bellicon, allowing us to free up more room in the main gym. As a result, we can spread out equipment and increase class sizes from 8 to a safe and manageable 11-12 participants per class.

We truly believe these changes will bring more space, comfort, and flexibility to your sessions, creating an even better experience for everyone. We can't wait for you to enjoy the new spaces and services with us.

Thank you for your ongoing support

Warm regards,

Lisa Bridgewater (COO) and all your iCan team

x x x x