

HAMARA

A Ramadan Mubarak to you and your loved ones! May this holy month bring you peace, joy, and blessings. Let us come together in unity, compassion, and generosity, spreading kindness and love to all. Wishing you a blessed month filled with spiritual growth and abundant blessings.



Fitness Enthusiasts!

Introducing Aliya and Mustafa, our dynamic pair of personal trainers boasting a combined 15 years of expertise. With their unwavering dedication to fitness and commitment to assisting clients in reaching their objectives, they stand ready to guide you on your journey to improved health and well-being.

Exciting news! Introducing our new stylish sauna and steam room facilities! Treat yourself to relaxation and rejuvenation post-workout.

Ladies, don't miss out! Join our exclusive women's sessions every Tuesday, Wednesday, and Thursday mornings for a supportive and empowering environment to focus on your fitness goals.

Connect with fellow gym-goers on our new community board! Discover upcoming events, classes, and opportunities to get involved.

Remember to grab your 30-day self-care checklist at Reception! It's designed to help prioritize your well-being both inside and outside the gym. Let's make self-care a priority together!


Cheers to a month of fitness, relaxation, and community spirit! See you at the gym!

Community Newsletter February 2024

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Youth

Utilizing the facilities of the Old Cockburn Sport Hall, the youth team at Hamara partnered with Hip Hop Kids to explore engaging methods of educating the group about Hip Hop culture. Following the sessions, the Youth team concluded by introducing the representatives to Bollywood culture and dancing.

With flour-covered hands and eager smiles, they mix, knead, and decorate their way through batches of cookies, cakes and many other delicious foods.

Each session ends with smiles on their faces and a sense of fulfillment in their hearts. As they disperse, the bonds forged during the sessions linger, strengthening the sense of community and belonging which that defines the Hamara experience.



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Older Men's


After finally shaking off the seemingly endless early month blues, the older men of Hamara have been very busy planning their upcoming events for the year.


Attending Armley Leisure Centre for some fantastic events featuring taster sessions in walking football and netball, and dance.

Additionally, Leeds Beckett University will offer free Health MOTs and the theme is 'get moving for 20 minutes,' followed by a well-deserved break with drinks and snacks in the café.

Fitness Enthusiasts! Since the gym has re-opened to the community some of older men have embraced the gym as a vital part of their lives. These individuals demonstrate that age is no barrier to achieving fitness goals and leading a

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International Women's Day 2024

We were delighted to mark International Women's Day here at Hamara on Saturday, March 2nd.

The atmosphere was vibrant with decorations, music, and delectable treats, creating the perfect backdrop for over 70 guests from diverse backgrounds. It was heartwarming to witness women from the local community coming together to cherish and honor each other.

From hand massages to dancing and henna tattoos, there were activities for everyone to enjoy.

We took a moment to honor the women who inspire us by sharing their names and stories, fostering a sense of community and appreciation.

Each attendee received a special gift, and the children had a blast with a lucky dip.

"It's wonderful to see so many women gathered here," remarked one of our guests, "I've truly relished the experience!"

With the success of this celebration in mind, we invite you to mark your calendars for next year's event. We look forward to 2025 to continue the tradition of honoring International Women's Day.

At Hamara we have a wide range of services and opportunities which it has not been possible to cover here. If you would like to find out about the other services we provide, please call 0113 2773330 or email admin@hamara.co.uk to get in touch.

