

HAMARA

Gym

Are you ready to take your fitness journey to the next level in a supportive and empowering environment?

We're thrilled to announce our *Women-Only Small Group Personal Training Sessions* at Hamara, led by our on hand supportive female Personal Trainer. With small group sizes, you'll receive the personalized guidance you need to reach your fitness goals faster.

Training alongside other women who share your goals creates a motivating and supportive atmosphere. With no distractions there is just pure focus on your fitness journey.

Whether you're a beginner looking to start your fitness journey or an experienced athlete seeking to push your limits, our sessions are designed to accommodate all fitness levels. Let's make your fitness goals a reality.





At Hamara we have a wide range of services and opportunities which hasn't been easy to give. If you would like to find out about the other services we provide, please call 0113 2773330 or email admin@hamara.co.uk

Community Newsletter July 2024

Admin@hamara.co.uk 0113 277 3330

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Mental Health

Our dedicated staff at the Centre are always discovering new and creative ways to foster a positive mindset in our community.

Recently, we've hosted the 'Artful Minds' group, focused on using creativity to ease the stresses of daily life, and the 'Revive Body & Mind' group, designed to help the body heal through small, mindful changes.

Building on these successful initiatives, we're thrilled to announce our upcoming dance group! Instead of dancing around the house on your own, YOU have been invited to come down and share your best moves with the community. Let's laugh, dance, and make some joyful memories together.


For those who need a little more time to gather the courage or adjust their schedules, you've got a couple of weeks before the group kicks off.


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HALO

Our joyful souls continue to brighten Hamara through their determination to make a difference whilst showing they are no different.

Some new additions to the group make Hamara a better place to be for the rest of us without our important beings in the building Hamara would not be as bright as we are today.

Continuing to aspire with their challenges we can wait to see what their next adventures will be and if they have room for anymore.



Older groups of Hamara

The ladies of the community continue to expand their group, warmly welcoming new members while creating unforgettable memories. In their weekly gym sessions, they leave no stone unturned, pushing themselves to new heights and supporting one another every step of the way.

Shopping trips remain a group favorite, with the ladies eagerly searching for the best deals and stocking up on essentials amid the cost of living crisis. They also prioritize healthy eating by carefully reading labels. Fridays are now marked by a spiritual prayer session, so popular that they've had to find the largest space in the building to accommodate everyone for peaceful prayer. To end the week on a high note, the older ladies have started a heartwarming tradition, bringing in homemade dishes to share with friends in the community every Friday.

Working closely with our other groups in the centre, the gentleman of Hamara have been making it shine. The behind the scenes work that our groups have been putting in has not only made Hamara shine in the community of Beeston but also nationwide.

From being featured in other areas of Leeds to having a full accommodated trip to London through Independent age topping it off with features in the BBC, Yorkshire Evening Post, ITV and many more. The older groups continue to strive and make the community have the same inclusion it had so many years ago, where regardless of age, abilities and backgrounds there are no barriers to being welcome at Hamara.