



January Newsletter

HOT STUFF

Please remember to bring a towel and water bottle to your training sessions. You will sweat at the studio so please bring a towel to place on benches and mats during your session.

Even though we have glasses it is a great idea to bring a bottle with you so that you can refill it again with chilled filtered water after your session.

Happy New Year

As we go steaming into 2012 remember to keep your life in balance. Get your health and weight back in focus and make sure you prioritise your fitness at the top of your list.

Being fitter will have you bouncing with energy, keep your weight in check and have you feeling fantastic.

MUDDERS

Week 1 of Tough Mudder training was heaps of fun and we have a great team of over 30 mudders. Remember to bring your old shoes, old socks (even odd ones will do!), water, gloves and a change of clothes.



January Birthdays

Jacoba Tierney 1st
Tayla Kennedy 6th
Sheri Flynn 7th
Kristina Bates 9th
Ashley Dwyer 11th
Jess VanderVenne 12th
Christine Grice 13th
Martine Bolding 14th
Julie Lau 15th
Maree Roberts 19th
Tom Fitzpatrick 20th
Andrew Cook 20th
Harold Hall 20th
Gill Gunn 21st
Bron Rossi 31st

Session Times

Please let us know as soon as possible if you need to change your regular training times in the New Year. We will endeavour to accommodate all requests but get in early!

BOXING CLASSES

Boxing classes have resumed for the New Year. Pilates and step will re-commence in February.

Boxing Classes
Tuesday 9am & 7:30pm
Thursday 6am
Sunday 9am

