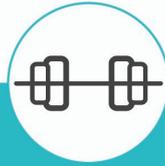


Find Balance

eat healthy · move daily · breathe deeply



Fitness Australia

BUSINESS MEMBER 2019

Newsletter
17th April 2020

THANK YOU

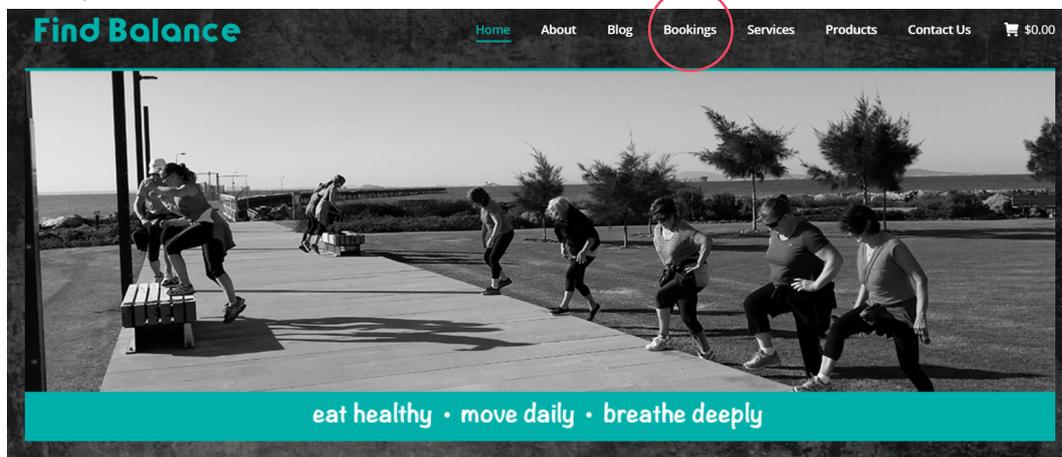
Thank you for embracing change and logging onto the new booking system via our website. A handful have had a few challenges and I thank them for their patience.

www.findbalancestudio.com.au

A couple of changes to make bookings easier for you:

- Go to the website above then scroll down the home page to the bottom and select "my account". Input your email and password (to register for the first time see last week's instructions or give me a call)
- Go to the new "Bookings" tab at the top of the home page (no need to search under "services" anymore)
- There is a new "View More Classes" tab when booking a class so you can book several classes in one sitting
- When you have completed your bookings you will receive a confirmation email with links to the Zoom class. Ten minutes before your scheduled class click on the green "Join via App" on your confirmation email and you will be automatically linked.

Studio equipment is available **FREE** for everyone attending online classes. Please call into the studio this **Saturday 18th Apr between 1-2pm** if you would like a fitball, kettlebell, dumbbells, resistance band, yoga block/strap.



Tips for setting up your device for Zoom:

- Set up your iPad, laptop or PC 3 meters away at hip height (phone screens will be too small to see from that distance)
- Get your favourite motivating music ready for Combo Xpress and Low Impact but find something more gentle and relaxing for Yogafit. The audio will be on at the start and finish of the class so you can catch up with each other and muted during the class so you can enjoy your music and family/pet conversations can't be heard during the workout

Weekly Challenge/Prize:

- It's been 4 weeks since we went online. I wish to sincerely thank everyone who has supported Find Balance during this challenging time. Congratulations to **Rachel Young** who wins the first prize for attending the most online classes.
- Our first challenge starts tomorrow (Sat 18th April). It's a Walk Challenge so we count our steps on our watch, phone or pedometer & record on the attached sheet. Send in no later than 10am Friday. Winner announced in next week's newsletter.

HAPPY BIRTHDAY



Happy birthday to **Colette** (Sat 18th April), **Zoe** (Tue 21st), **Steph & Rosie** (Wed 22nd) and **Dale** (Thu 23rd). Enjoy your special day.

QUOTE of the WEEK

"Life is better when you **cry** a little, **laugh** a lot and be **thankful** for everything you've got"



NEXT WEEK'S WORKOUT

COMBO XPRESS

Tue 4.30pm
Thu: 4.30pm
Fri: 6am, 7am, 9am

LOW IMPACT

Wed 3.15pm: Gentle Yogafit
Fri: 8.00am

YOGAFIT

Tue: 6.00am
Wed: 4.30pm and 5.45pm
Thu: 9.00am



Next week's

COMBO XPRESS

uses a fitball and resistance band but own body-weight works well



Lyn Reid
Certified Nutrition Coach and Personal Trainer
Mobile 0403 155 150