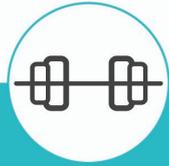


Find Balance

eat healthy · move daily · breathe deeply

Fitness
Australia

BUSINESS
MEMBER 2019



Newsletter
28th May 2020

WELCOME BACK

Sincere thanks to everyone for their support during our reopening week. It's been **SO GOOD** to see your smiley faces back in the studio but equally as good to see a number of you join us online.

Booking System

I understand change is difficult and the booking system presents a challenge for some but the implementation of the program ticks the required boxes under government regulations and essential for allowing us to reopen.

Booking instructions are under "Blog" on the website

www.findbalancestudio.com.au

but please do not hesitate to call if you need a hand.

Online Bookings

Only classes that have online bookings will be live-streamed so it is essential to book the evening before in the case of morning classes & early in the day for afternoon classes to ensure our equipment is set up. With a **COVID Action Plan** to follow there is no time to check emails between classes.

Class Cancellation

Four hours notice is required for cancellation to allow your spot to be allocated to someone on the waiting list and your class credit refunded to your account.

Studio Guidelines

- Due to physical distancing rules, class size is restricted to **9**
- All classes must be **booked** online so we can maintain records of attendance and monitor numbers
- **Please do not attend if you are unwell.** Your option will be to take the online classes
- Please bring a water bottle and sweat towel
- **Please use hand sanitiser upon entry and exit.** Hand sanitiser is provided at 4 locations
- **Please be mindful of the 1.5m physical distancing rule** at all times, especially when arriving and departing
- Once your bag is away, please move to a marked space
- **There's no shared equipment or group activities.** Choose own equipment prior to the class and clean thoroughly afterwards to keep the studio safe for us all

WEEKLY CHALLENGE

Congratulations **Myriam Saillard** winning last week's Sweet Treat recipe challenge. There is a prize coming your way. Myriam's recipe is featured in the "Recipe of the Week"

Sleep Challenge

Do you get enough sleep? Want some tips to improve sleep? Do you know how much sleep affects our physical and mental health? Join me (I really need to do this) on this week's challenge. Details attached.



QUOTE of the WEEK



"When I am resting because my body is weak, I need to remember that I am not wasting the day doing nothing, I am doing exactly what I need to do ... I am recovering"

HAPPY BIRTHDAY

Happy birthday to **Helen** (Sun 31st May), and **Jackie** (Thu 4th June). Enjoy your special day.



RECIPE of the WEEK

Ricotta and Berry Tiramisu

INGREDIENTS

350g fresh reduced-fat ricotta
130g (1/2 cup) Greek-style yoghurt
2 tbsp. maple syrup
2 tsp vanilla essence
180ml (3/4 cup) coffee
1 1/2 tablespoons coffee liqueur
250g punnet strawberries, hulled, halved
250g punnet raspberries, halved
1 tbsp. dark cocoa powder or raw cacao
12 small sponge finger biscuits, cut into thirds



INSTRUCTIONS

1. Place the ricotta, yoghurt, maple syrup & vanilla in a bowl. Use electric beaters or a stick blender to blend
2. Spoon some ricotta mixture into 6 small glasses. Scatter some of the strawberries and raspberries over the top. Dust with a little cocoa.
3. Combine the coffee and liqueur in a separate shallow bowl. Dip pieces of sponge finger into the coffee mixture and place 2 or 3 pieces in each glass. Dust with more cocoa. Top with more ricotta mixture.
4. Continue layering with berries, cocoa and coffee-soaked biscuits, finishing with ricotta mixture, berries and a dusting of cocoa.

NEXT WEEK'S WORKOUT

COMBO XPRESS

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

LOW IMPACT

Wed: 3.15pm Gentle Yogafit
Fri: 8.00am

YOGAFIT

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

COMBO XPRESS

Fitball, Cardio
and Dumbbells



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