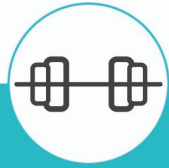


Find Balance

eat healthy · move daily · breathe deeply

Fitness
Australia

BUSINESS
MEMBER 2019



Newsletter
18th April 2021

8 WEEK CHALLENGE

Would you like support to:

- **EAT BETTER**
- **MOVE MORE**
- **REST & RESTORE**

Join us for an 8 week Challenge from
Monday 3rd May to Friday 25th June

For full details see me at the studio, email or
call 0403 155 150,



QUOTE of the WEEK

Remember . . .
when you forgive you heal
and when you let go, you grow

RECIPE of the WEEK

Raw Nut and Date Bars

Ingredients

- 1 cup raw almonds
- ½ cup raw walnuts
- ¾ cup pitted dates, packed
- 1 cup unsweetened dried apple slices
- ¼ cup raisins
- 1 teaspoon cinnamon
- ¼ teaspoon sea salt

Directions:

- Line an 8x8 inch baking dish with wax paper so that 2 inches hang off each edge of the dish. Place all the ingredients in a food processor and blend until finely chopped and sticky.
- Pour the mixture into the baking dish and cover with wax paper. Press the mixture down, using your hands, until smooth.
- Lift the mixture out of the pan, using the edges of the wax paper, and place on a cutting board. Cut into 12 bars and wrap with wax paper or plastic wrap. Store in the refrigerator.

TIMETABLE CHANGES

Monday 26th April

the studio will be
closed for the
ANZAC DAY
public holiday.



From **27th April** the two Tue AM classes will
be moved to Wed AM for Terms 2 & 3:

- **5.45am Yogafit**
- **7am Combo Xpress**

WELCOME

A big warm welcome to new members **Annie**
and **Ali**. Welcome back **Marg** and **Michelle**,
we've missed you.

HAPPY BIRTHDAY



Happy birthday **Steph** and **Rosie**
(Thu 22nd Apr), **Dale** (Fri 23rd)
Cheryl (Sun 25th), **Sheryl** (Thu 29th),
Have a fabulous day everyone!

NEXT WEEK'S WORKOUT

COMBO XPRESS

Mon & Fri: 6am, 7am, 9am
Tue: 7.00am

Tue & Thu: 4.30pm

LOW IMPACT

Mon & Fri: 8.00am

YOGAFIT

Tue: 5.45am

Wed: 4.30pm and 5.45pm

Thu: 9.00am

SUB30 CORE

Thu: 6.00am and 7.00am

MOVE ABILITY

Tue & Thu: 5.15pm

COMBO XPRESS



19th - 23rd Apr
Combo Circuit



Tue 27th - 30th Apr
Kettlebells

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