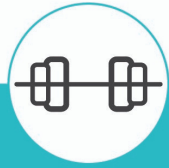


# Find Balance

eat healthy · move daily · breathe deeply

Fitness  
Australia

BUSINESS  
MEMBER 2019



Newsletter  
12th February 2021

## THANK YOU

Great to see new and familiar faces this week as we welcomed back the full timetable for 2021. Special mention to the dedicated group who have been working out since the studio reopened on 11th Jan.

- **Flick Smith** wins a Find Balance pack for being the first person to book into our new rehab class Move Ability
- **Katherine O'Dea** - thanks to everyone who helped promote the studio by sharing our FB posts. Katherine was drawn out of the hat and wins a 10 visit pass.

## SUB30 CORE

Do you have lower back issues? lack balance? weak pelvic floor? If you've never tried SUB30 Core now is the time with our introduction **RESTORE** class.

**THU 6.00am and 7.00am**



## CHAKRA Energy System



"Chakra means "wheel" and refers to energy points in your body. They are thought to be spinning disks of energy that should stay "open" and aligned, as they correspond to bundles of nerves, major organs, and areas of our energetic body that affect our emotional and physical well-being"

**There are seven main chakras that run along our spine and there are seven weeks until Easter.**

**Join us as we countdown to Easter with renewed energy  
Tue 5.45am/Wed 4.30pm/Wed 5.45pm/Thu 9.00am**

## WELCOME

A big warm welcome to **Lea, Vicki** and **Denise**, great to have your company at the studio. Welcome back **Daryl, Dave, Lesley, Dale, Chris, Gaye, Shareen, Kathy, Anne, Katherine, Lesa, Robyn** and **Wendy**, we've missed you!



## HAPPY BIRTHDAY



Happy birthday **Natasha** (Fri 12th Feb), **Irene** (Sat 13th), **Jenny** (Wed 17th), **Kylie** (Fri 19th), **Melissa** (Sat 20th), **Bev** (Wed 24th), **Natalie** (Fri 26th). Enjoy!

## QUOTE of the WEEK



**"You gotta NOURISH  
in order to FLOURISH"**

## RECIPE of the WEEK

### Vegetable Tray Bake with Roasted Garlic Dressing

#### INGREDIENTS

2 medium zucchini, thickly sliced diagonally  
400g butternut pumpkin cut into 3cm pieces  
1 red capsicum, cut into 4cm pieces  
1 yellow capsicum, cut into 4cm pieces  
1 large red onion, halved, cut into thin wedges  
2 tablespoons extra virgin olive oil  
250g punnet cherry tomatoes  
6 garlic cloves, unpeeled  
1 tablespoon balsamic vinegar  
1/2 cup fresh basil leaves, chopped

#### METHOD

Step 1 - Preheat oven to 180C/160C fan-forced. Step 2 - Place zucchini, pumpkin, capsicum, onion and oil in a large roasting pan. Season well with salt and pepper. Toss to combine. Step 3 - Roast for 20 minutes. Add tomatoes and garlic. Toss to combine. Roast for a further 15 to 20 minutes or until vegetables are golden and tender. Step 4 - Remove garlic from pan. Carefully squeeze garlic from skins and place in a small bowl. Using a fork, whisk in vinegar. Season with salt and pepper. Step 5 Using a potato masher, gently crush tomatoes in pan. Add basil & garlic dressing to vegetables. Toss gently to combine.

## NEXT WEEK'S WORKOUT

#### COMBO XPRESS

Mon & Fri: 6am, 7am, 9am  
Tue: 7.00am and 4.30pm  
Thu: 4.30pm

#### LOW IMPACT

Mon & Fri: 8.00am  
Gentle Yogafit: Wed 3.15pm

#### YOGAFIT

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

#### SUB30 CORE

Tues: 6.00am and 7.00am

#### MOVE ABILITY

Tue and Thu: 5.15pm

#### COMBO XPRESS



**15th -19th Feb  
Resistance Bands**



**22nd-26th Feb  
Combo Circuit**

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