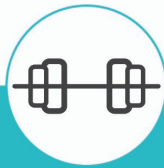


Find Balance

eat healthy • move daily • breathe deeply



Fitness
Australia

BUSINESS
MEMBER 2020

Newsletter
1st December 2022

3 WEEKS UNTIL XMAS

Looking for some gift ideas that promote good health? We have new stock in studio:



**GOODMIX
SUPERFOODS**
for gut health

TRI NATURE
natural, organic,
chemical-free products



GIFT VOUCHERS
for 10 visit class passes or studio products

FESTIVE SEASON BREAK



Closed **FRIDAY 16th DECEMBER**
re-opening **MONDAY 16th JANUARY**

HAPPY BIRTHDAY



Happy birthday to **Belinda** (Fri 2nd Dec),
Tiffany B (Sat 3rd), **Ian and Anne** (Sun 4th),
Marg C and Nerada (Wed 7th), **Justine** (Tue 13th),
Rachel (Wed 14th), **Helen P** (Thu 15th)
and **Sharon** (Fri 16th). Have a great day.

QUOTE of the WEEK



It's not how much we give,
but how much love we put into giving.
Mother Teresa

XMAS SUNDOWNER

Looking forward
to seeing you

Sun 4th Dec

4-6pm

33 Degrees



A friendly
reminder to
please bring
hand-made
Secret Santa
gifts on the day

RECIPE of the WEEK

Festive Season Salad
Watermelon, Tomato & Fig

INGREDIENTS

- 4 cups cubed seedless watermelon
- 400g mixed cherry tomatoes, halved
- 4 ripe figs, quartered
- 60g baby rocket
- 1 small red onion, thinly sliced
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 100g feta, crumbled
- 2 tablespoons slivered almonds, toasted
- ½ cup loosely packed fresh basil leaves, to serve

INSTRUCTIONS

1. Arrange watermelon cubes, tomatoes, figs, rocket and onion on a large serving platter.
2. Place olive oil and lemon juice in a small bowl or jug, whisking to combine. Season with freshly ground black pepper. Drizzle over salad, gently tossing to combine.
3. Scatter over feta and toasted almonds, then serve garnished with basil.

NEXT FORTNIGHT'S WORKOUT

COMBO XPRESS

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

Tue & Thu: 4.30pm

LOW IMPACT

Tue & Thu: 8.00am

MENS CLASS

Tue: 5.30pm

YOGA

Wed: 5.45am/4.30pm/5.45pm

Thu: 8.00am (Gentle) & 9.00am

OPEN GYM

Wed: 7.00-8.00am

COMBO XPRESS



5th - 9th Dec

GYM MACHINES



12th - 15th December

FITBALL

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