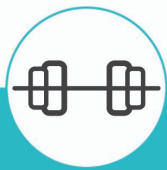


Find Balance

eat healthy • move daily • breathe deeply



REGISTERED
PROFESSIONAL
LEVEL 3



Newsletter
9th January 2023

WISHING you GOOD HEALTH and HAPPINESS in 2023



STUDIO REOPENS MONDAY 16th JANUARY

Find Balance



eat healthy • move daily • breathe deeply

COMBO XPRESS

Resistance to strengthen muscles & bones plus cardio for a healthy heart & lungs. New class theme every week. 30 min

LOW IMPACT

A gentle approach for those new to exercise, returning after a long break or for the mature-aged. 30 min

YOGA

Connect the mind and body. Lengthen and strengthen muscles. Suitable for men and women, new to yoga or experienced. 45 min

GENTLE YOGA

A slower paced yoga using chairs, blocks and straps to assist moving into the poses. 30 min

OPEN GYM

Come along and use the gym machines at your own pace. Not a class.

GYM MACHINES

Circuit class to strengthen muscles in the upper and lower body plus the core. 30 min

WEST BEACH WALK 'FREE'

Enjoy the tranquility of the morning while mentally & physically preparing for the day ahead. Meet at John Street carpark. 30 min

2023 Timetable

Bookings via app or www.findbalancestudio.com.au

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.00am COMBO XPRESS	6.00am MEN'S CLASS	5.45am YOGA	6.00am 'FREE' WEST BEACH WALK	6.00am COMBO XPRESS
7.00am COMBO XPRESS		7.00-8.00am OPEN GYM		7.00am COMBO XPRESS
	8.00am LOW IMPACT		8.00am GENTLE YOGA	
9.00am GYM MACHINES			9.00am YOGA	9.00am COMBO XPRESS
		4.30pm YOGA		
		5.45pm YOGA		

HAPPY BIRTHDAY

Happy belated birthday to **Eden** (Sat 31st Dec), **Fiona & Amy** (Sun 1st Jan), **Jan** (Thu 6th), **Jane** (Sun 8th), hope you all had a great day.

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Happy birthday **Jo** (Mon 9th Jan), **Jaime** (Tue 10th), **Vicki** (Wed 11th), **Alison** (Sat 14th), **Bronwyn** (Sun 15th), **Terry** (Tue 17th), **Rasa** (Thu 19th). Have a fabulous day!

## TIMETABLE

Due to an ongoing injury I have been advised to reduce my workload.  
**For the time being that means no PM classes other than Wellness Wednesday.**  
Apologies for the inconvenience but there are positives to AM exercise:

- **sense of achievement early in the day**
- **mentally prepared for the day ahead**
- **12 AM classes to choose from**
- **no PM stress trying to leave work on time**

## CLASS PASSES

We all know exercise benefits our **physical and mental health** so we now have 3 class pass options reflecting the number of sessions per week we practice self-care.  
**All passes are valid for 8 weeks.**

- **15 class pass \$195** (3/week, \$13/class)
- **10 class pass \$140** (2/week, \$14/class)
- **5 class pass \$75** (1/week, \$15/class)
- **Casual class \$16**

Lyn Reid  
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