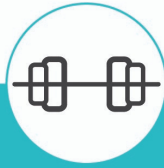


Find Balance

eat healthy • move daily • breathe deeply



REGISTERED
PROFESSIONAL
LEVEL 3



Newsletter
17th February 2023

WHAT'S NEW

• **MOJO HOODED TOWELS** fit perfectly over our gym machines - new supplies have arrived just in time the circuit on the week of 27th Feb to 3rd Mar \$28



• **TRI NATURE** - we have restocked our organic, natural, chemical-free body, hair & skincare plus cleaning and laundry products (price list attached)



YOGA
IS THE COMPLETE
MIND & BODY
WORKOUT



If you've never tried **YOGA** before, now is the time. We have new props to get the most out of the poses:

- **yoga wedges** (to take pressure off wrists and ankle joints)
- **yoga cushions** (to support the neck and back) - please bring a pillowcase
- **foam discs** (to cushion the tail bone & knees) - currently in transit



WELCOME

Welcome **Tori, Romy and Amanda**, it's great to have you at the studio.
Welcome back **Ange, Tiffany, Mandy, Marie, Lesley S, Marie, Robyn, Dale, Vicki, Noeline, Chris G, Deb R and Julie F**, we've missed you.



HAPPY BIRTHDAY



Happy birthday **Kylie & Helen H** (Sun 19th Feb), **Mel A** (Mon 20th), **Bev** (Fri 24th), **Julie W & Natalie** (Sun 26th), **Marg H & Pam H** (Mon 27th), **Treena & Nola** (Tue 28th). Enjoy your special day.

QUOTE of the WEEK

"Care for yourself
like your life depends on it,
because it does"

RECIPE to TRY

Mexican Black Bean & Avocado Tortillas

INGREDIENTS

- spray oil
- 1 large onion, finely chopped
- 1 large carrot, peeled, diced
- 1 small courgette, trimmed, diced
- 2 cloves garlic, minced
- ½-1 teaspoon paprika or chilli, plus extra ¼ teaspoon
- 2 tablespoons no-added-salt tomato paste
- 2 x 400g cans black beans, drained, rinsed
- 400g can no-added-salt chopped tomatoes
- ½ firm ripe avocado, diced
- 2 tablespoons chopped fresh coriander
- 4 tortillas, grilled

INSTRUCTIONS

- 1 Spray a large saucepan with oil. Set over a medium heat. Add onion, carrot and courgette. Cook, stirring occasionally, for 5-6 minutes or until soft. Add garlic and Mexican seasoning. Cook, stirring, for 1 more minute. Add tomato paste and cook for 1 more minute.
- 2 Add black beans and tomatoes to saucepan with 1 cup water. Bring to the boil, reduce heat and simmer for 20 minutes or until mixture is thick.
- 3 Meanwhile, combine extra chilli powder with avocado and coriander in a medium-sized bowl.
- 4 Place 1 grilled tortilla on each serving plate. Top with bean mixture and spicy avocado. Serve immediately.

NEXT FORTNIGHT'S WORKOUT

COMBO XPRESS

Mon: 6.00am & 7.00am
Fri: 6.00am/7.00am/9.00am

GYM MACHINES

Mon: 9.00am
Wed: 7.00am-8.00am

MENS CLASS

Tue: 6.00am

LOW IMPACT

Tue: Gym Machines 8.00am
Thu: Gentle Yoga 8.00am

YOGA

Wed: 5.45am/4.30pm/5.45pm
Thu: 9.00am

COMBO XPRESS



20th - 24th Feb
Core & Kettlebells



27th Feb - 3rd Mar
Gym Machines

Lyn Reid
Nutrition Coach/Personal Trainer/Yoga Teacher
Mobile 0403 155 150