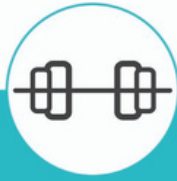


Find Balance

eat healthy • move daily • breathe deeply



REGISTERED
PROFESSIONAL
LEVEL 3



Newsletter
5th January 2023

WISHING you GOOD HEALTH and HAPPINESS in 2024



STUDIO REOPENS MON 15th JAN

PICNIC LUNCH

CIRCUIT

Alternating weekly between gym machine circuit and combo circuit. 8am session suitable for all levels including Low Impact

COMBO XPRESS

Resistance for strengthening muscles and bones plus cardio for heart and lung health. New class theme each week



MONDAY

6.00am Circuit
8.00am Circuit

WEDNESDAY

5.45am Yoga
8.00am Chair Yoga
9.00am Yoga
5.30pm Yoga

FRIDAY

6.00am Combo Xpress
8.00am Combo Xpress

findbalancestudio.com.au

We're kicking off the new studio year with lunch:

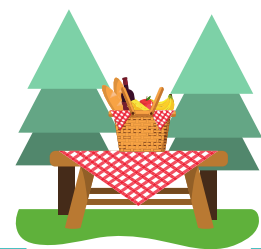
**FRIDAY 12th
JANUARY**

@ 11.30am

(before they sell out)

**BREAD LOCAL
Pink Lake Road**

BYO drinks and picnic rug or camp chair.
RSVP via email or text 0403 155 150



HAPPY BIRTHDAY

Happy birthday **Jan B** (Sat 6th Jan), **Jo** (Tue 9th Jan), **Vicki** (Thu 11th), **Bronwyn** (Mon 15th), **Terry** (Wed 17th), **Lee-ann** (Fri 19th) and **Martina** (Mon 22nd).

Have a fabulous day!

CLASS PASSES

Prices remain unchanged in 2024:

- **Single class \$16**
- **No-expiry 10 class pass \$160**

Regular commitment to your health is rewarded.
Passes are valid for 8 weeks:

- **Weekly - 5 class pass \$75 (\$15/class)**
- **Twice weekly - 10 class pass \$140 (\$14/class)**
- **Thrice weekly - 15 class pass \$195 (\$13/class)**

TIMETABLE

An ongoing injury has resulted in the timetable being further reduced.

Apologies for any inconvenience. This will be reviewed at regular intervals.

Lyn Reid
Nutrition Coach/Group Exercise Instructor/Yoga Teacher
Mobile 0403 155 150