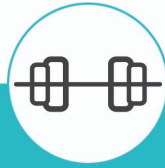


Find Balance

eat healthy · move daily · breathe deeply



REGISTERED PROFESSIONAL
LEVEL 3

Newsletter
9th February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.00am CIRCUIT		5.45am YOGA		6.00am COMBO XPRESS
7.00am CIRCUIT				7.00am COMBO XPRESS
8.00am CIRCUIT		8.00am CHAIR YOGA		8.00am COMBO XPRESS
		9.00am YOGA		
		4.30pm YOGA		
		5.45pm YOGA		

TERM ONE

With the summer holidays now over, we have a new timetable.

Three new classes have been added (although 7am was added last week due to demand):

- Monday @ 7.00am
- Wednesday @ 4.30pm
- Friday @ 7.00am

This timetable will continue until Easter with plans to expand in the future.



BE KIND

"**Feel Good Feb** was created to encourage and inspire people to initiate **random acts of kindness** for their fellow community members.

There has been extensive research to prove that 'giving out good' not only benefits the receiver but also increases the happiness of the giver. There's mental happiness and physical benefits for all involved. It is a win-win situation!

In our fast changing world, there seems to be a lot of negative news that we are exposed to. **Feel Good Feb** is here to bring a ray of brightness and light into the world"



Check out the attached poster for some ideas!

HAPPY BIRTHDAY



Happy birthday **Kylie and Helen H** (Mon 19th), **Bev** (Sat 24th), **Nat and Julie W** (Mon 26th) and **Treena** (Wed 28th) Have a fantastic day!

WELCOME

A big warm welcome to **Lynne**. Welcome back **Bev, Chris S, Jen W, Chris M, Clare, Gwen, Bernadette, Treena, Jan, Sally C, Vicki H, Gaye, Ange, Chris S** and **Emily**, we've missed you!

THANK YOU

Thank you **Helen, Julie and Deb** for bringing in your home grown tomatoes, passionfruit, and silverbeet to share with us all at the studio.

NEXT FORTNIGHT'S WORKOUT

CIRCUIT

Mon: 6am, 7am, 8am

CHAIR YOGA

Wed: 8.00am

YOGA

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

COMBO XPRESS

Mon: 6am, 7am, 8am

COMBO XPRESS


12-16 Feb - Fitball & Dumbbells


19-23 Feb - Cardio & Coreballs

Lyn Reid
Certified Nutrition Coach, Personal Trainer & Yoga Teacher
Mobile 0403 155 150