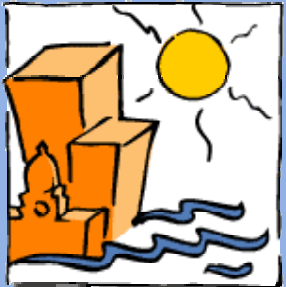


f.i.t. Health and Fitness Centre Newsletter

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Sunday Mail



CITY-BAY FUN RUN

All entrant for the city to bay need to confirm there booking by 1st SEPT

Remember its not to late to join us - you can run or walk 6 or 12 km

It's a great day out
SUN 16TH SEPT

Change to Timetable

POWERFIT MOVES - WED 6.30PM

No need to rush, powerfit the best weigth training class is now half hour later. To make room for our FIGHTING FIT - boxing program at 5.30PM



Which dad wouldnt like a 6 PACK



FATHERS DAY is Sun 2nd SEPT

f.i.t has some great offers for last minute fathers day presents.

6 pack of personal training - \$179

- SAVE \$20
- Massge Voucher -1 hr \$50 SAVE \$10
- 1 month pass \$99 (includes fitness program.)
- SAVE \$69
- Great ideas to make DAD happy and healthy!

Sincerely,
Bruce Konings
Director/Physiotherapist
f.i.t. Health and Fitness Centre