

f.i.t



HEALTH & FITNESS
CENTRE

f.i.t. Health and Fitness Centre Newsletter

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School Holiday KIDS programs

Special Kids programs running during holidays

Tues night 4.30pm

Fit KIDS circuit

Thurs 4.30pm

Fight Do

(non combative martial art
aerobics)

Children 9+ are welcome.

All classes \$7

July '07

Greetings!

Fitness Australia is the peak industry body that regulates health and fitness centres in Australia. f.i.t has just undergone our club accreditation. Currently we are the only club on the south coast to get Fitness Australia accreditation, which goes to underline that we are a quality facility that puts service and safety above all. We are proud of this achievement. I thank our wonderful staff for their efforts in maintaining high standards.

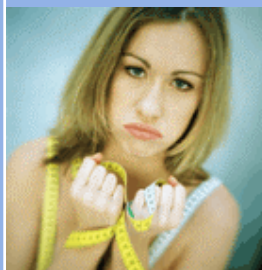
Look out for new mirrors and free weights in the weights area of the gym and the audiovisuals which are about to go up as well. We hope this keeps you training with great technique and enthusiasm.

Hope to see as many of you as possible on Friday night at our inaugural social drinks and the drawing of our "refer a friend" bike competition.

Regards

Bruce Konings -Director/Physiotherapist

Low fat but not losing weight?



Lucy has always battled with her weight and her body image. She reads every magazine article on losing weight, has tried every diet under the sun and avidly watches the fat content of everything she buys. Her kitchen cupboards are filled with 99% fat-free foods, she buys low fat milk and avoids fried food. Yet Lucy is still struggling with her weight and cannot seem to shift the excess body fat.

So many people, like Lucy, are working hard at trying to follow a

All classes \$7

Get in a workout yourself
while the kids let off steam!



TIMETABLE CHANGE

[Ritmix moves to Thursday](#)

Thursday night is officially **funky!** Get your groove on with Kiera. Dance & House playing in the gym after 7pm. Get fit and get Funky!

Are You Fit To Ski?



Having a specific program to improve your skiing will help you get the most from your holiday. Short term programs now available specifically for skiing.

low fat diet yet are not achieving their desired results. What is going on?

[Full Article](#)

Set Yourself A Challenge



Stuck in a rut? Looking for a challenge?

Our 8 week City to Bay program may be the kickstart you need!

Comprising of one indoor and one outdoor training per week this small group training will have you pushing peak fitness and ready to tackle the City to Bay.

We all need a challenge. You don't have to run the race to do the training but why the hell not!

First Friday Drinks!

Get to know the faces at the gym!

This Friday and the first Friday of each month @ 7pm drinks (BYO) will be held. Come in for a workout first or just come in. We will draw the winner of our fabulous bike competition and our new monthly prize competition. Prizes given out to all attendees.



Fitness Age Is Coming To f.i.t



Mum's On The Move



Don't miss out on this fantastic opportunity to get rid of that post-baby belly with your young one by your side.

Tuesdays @ 9:15am

Contact reception for further information

Ever wondered whether you're aging faster or slower than you should be? After reaching the age of 21, your chronological age has very little meaning or relevance when compared to the physical condition of your body and overall health. Aging doesn't happen with just the rising and setting of the sun, but rather is heavily influenced by how you treat your body.

FitnessAge results help you to understand where you're doing well and where you can improve. You'll discover that knowing your FitnessAge provides a tangible incentive to establish and maintain positive health habits.

Coming Soon