

# f.i.t News

July 2008

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### Greetings!

Invest in yourself this financial year. A 2007 study in America showed those with an above average level of fitness saved over \$2500 US in a calendar year on health related expenses.

Gym membership is cheap in comparison.

That leads us to our special this month as a gift to all our current members we are offering a **FREE** Fitness Age Test (normally valued @ \$30).

This gives you a baseline to judge your fitness on!

Book @ reception to take advantage of this offer. Get an idea of how your body is ageing, it is much more accurate than just the passing of time.

Stay Strong  
Bruce Konings



Lynne Feather



## WELLNESS

It's the "in" word at present in the health and fitness industry.

What does it really mean?

On an individual level, it means living your best life, **YOUR VISION** of what that actual is!

What is a wellness Coach?

**The WELLNESS COACH** helps you identify the barriers that have stopped you reaching that vision and helps you to identify and work through those obstacles.



Join us for the **CITY 2 BAY.**

SEPT 21st

Ever wanted to run this fantastic Fun Run.

Join our Team and raise money for charity.

You don't have to run, you can walk, skip, whatever!

It is a great day. We plan to have a BBQ after at Colley Reserve.

For those interested in training seriously, we have a value group training pack.

10 group running training sessions plus city2bay registration and a running singlet. (\$120)

or just City2bay registration and a singlet for \$50.

**Go challenge yourself!**

**Do something different!**



**f.i.t wins Small Business Award**

f.i.t was honoured to accept a small business award from the Rotary club of Goolwa.

This award highlights our ongoing desire to help motivate and support our members, as well as promote the benefits of exercise to our community as a whole.

WELL DONE and thank you to all the staff of f.i.t and to the Rotary Club of Goolwa



## PUMP UP YOUR RESULTS!

Class of the month

**BODY PUMP**

LES MILLS most popular class.

Dubbed the fastest way to change your body!

### New Program LAUNCH

2nd JULY 6.30 pm

### Beginner Classes

- tips and technique classes

JULY 7th 9am

JULY 21st 9am

### DISCO THEMED PUMP NIGHT

JULY 7th 6.30pm

check our group fitness timetable for new additions or changes and the best place to do that is on our brand new website.

[www.FITgoolwa.com.au](http://www.FITgoolwa.com.au)

## Mum's Bootcamp

Set to start July 22nd and running during the school term.

BOOTCAMP IS A FUN, REWARDING AND TIME EFFICIENT WAY TO WORK OUT



CRECHE FACILITIES WILL BE MADE AVAILABLE FOR THOSE WITH CHILDCARE NEEDS!

2 sessions per week for 10 weeks on Tues and Thurs @ 9:30am - 10:30am.

Discount available for those referring friends to join the team!

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## Earlybird Classes

Due to the lack of numbers for our Earlybird Classes -

- Bodystep 6:30am Monday
- Bodypump 6:30 am Wednesday

we will be reintroducing our booking system for these two classes. If you would like to take part in a class simply put your name down at reception and we will notify you the night before if we don't have sufficient numbers to run the class.

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## Free Aqua

As part of your f.i.t membership you are now entitled to free aqua aerobics or can use the pool for deep water running while classes are on.

[www.FITgoolwa.com.au](http://www.FITgoolwa.com.au)



### Middle Eastern Dance

Need something new that's loads of fun, promotes a positive body image, is a great stress reliever and has a host of other physical benefits?

Anyone interested in learning 'Middle Eastern Dance' contact Jan Button

Ph: 0403 365 734  
Email: jankickbutt@hotmail.com



For more information on classes or pool whereabouts please contact reception or check out our website.

## FREE Fitness Age TEST

Usually \$30.  
Find out how your body is ageing with the world's leading fitness assessment.

\*Must be a local resident.  
**Offer Expires: Aug 30th 2008**