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**Greetings!**

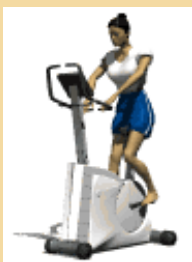
Christmas is almost on top of us. The time seems to fly by this time of year. Socially things start to get hectic as the festive season kicks in. Make sure you leave room in your schedule for the f.i.t members christmas party. In conjunction with Fly Boardriding we will be having a beach BBQ and learn to surf day where Luke from Fly is providing boards and advice for beginners. It's planned for early Dec, the date is to be confirmed so keep your eyes out at the club.

In group fitness news, LES MILLS IS BACK! After trying the radical fitness programs for twelve months we are returning to Les Mills - the biggest and best. Look out for our LAUNCH DAY for BODY PUMP & BODY COMBAT in early Dec. Also try our new programs Core and Beach Touch Football. We are trying to offer lots of different options to appeal to as many of our members as possible - we can only continue classes that get enough numbers so if you want your favourite class to continue, support it by coming and bringing along your friends.

This time of year it's easy to let your fitness routine get put on the back burner. Dont let your hard work go to waste. SEE YA IN THE GYM!

Yours in Health, Fitness & Fun

Bruce Konings



**What 11,000 women say works for weight loss?**

**Who better to ask about weight loss strategies than 11,000 women who've tried a range of diet, exercise and program-based methods? In this article I reveal the results of a large-scale survey and the startling implications for your shape-up program.**

Despite the so-called obesity epidemic and intense consumer demand for fitness and nutrition programs, we really know very little about what women do to stay in shape and whether what they do works. In practice, is diet more effective than exercise? What about combinations of methods?

[Full Article](#)



## Who is LES MILLS?

Les Mills is the most popular fitness programs in the world.

4,000,000 people do Les Mills classes each week.

Find out why?

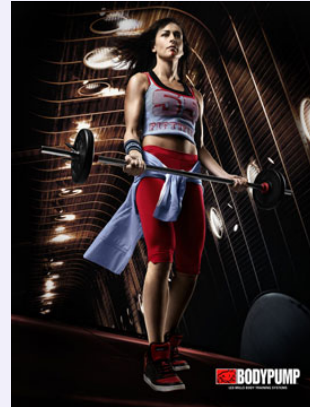
Members Launch MON -3rd DEC 6.30pm BODYCOMBAT

7.30pm BODYPUMP

Friends WELCOME

Book at reception to ensure a space!

[www.lesmills.com](http://www.lesmills.com)



### BASHAMS ALIVE

Lets try again, our Fitness and picnic in the park had to be rescheduled due to poor weather.

The new date is **DEC 2nd**

Join the Mayor - Kym McHugh on a bike ride to bashams reserve, enjoy a picnic lunch and an array of activities for the whole family.

Check out the posters at the gym

Riders Leaves from AQUA CAFE at 12pm

Walkers at 11-11.30am

Festivities start at Bashams at 1pm

*Heaps of prizes and giveaways including a Bike valued at \$500*

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

### CRECHE ATTENDANT

Do you have a passion for working with Children. An oppourtunity exists in our PLAYROOM for a dynamic individual with child care experience.

Apply by leaving your details at the front desk



More information from the Front Desk



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**Yours in health and fitness,**

Bruce Konings  
f.i.t. Health and Fitness Centre

## FREE WEEK TRIAL

Do you have friends or family, who needs to, or has expressed interest in improving their health and fitness. Forward this email or print out this voucher and they can come to the gym for a week free.  
PH 8555 0777 to arrange an appointment to set up your free pass.

**Offer Expires: DEC 31st**