



Happy New Year

I hope you'll all enjoy the new Personal Training and dance Studio renovated over the Christmas break.

This year I am going to initiate more life balance programs with a focus on exercise, healthy cells, good habits, happy and healthy minds and strong bodies.

I also envision building an Obstacle course later in the year to train Tough Mudder clients as well as to add extra fun for the Personal Training groups.

Personal Training will commence at 21 January.

360 degree New Life Program

I'll be launching the 2nd program end of March 2013 for woman struggling with weight loss issues.

Warrior Princess Club



Become part of this exclusive club. I have the following positions available in the WPC Executive Board: 1st & 2nd Vice President PR, Treasurer, Secretary and Advisors. Email me your interest asap. A Yearly calendar of events and more information will be available on 1 February.

Healthy Lifestyle course for Woman

I will be facilitating a Christian Healthy Lifestyle course at Bray Park Christian Church. It's starting on 6 February 2013 (Wednesday nights) for 7 weeks. Some of the topics will be: Holistic health - interconnection between mind, body and spirit; 2) Emotional eating; 3) Perceptions of beauty and self 4) Mental Health and much, much, more. For more information contact BPCC on (07) 3882 1989.

Zumba Classes are back

Zumba classes start on 4 February.

There are only 10 spaces and you have to pre-book/pay for 8 weeks in advance (\$80). There will be no refund for any cancellations. Email me asap to secure you place for Zumba.

Time Table

Monday 6:30pm ZUMBA®

Tuesday 6:15pm Beginners Group PT

Tuesday 7:15pm Fit Group PT

Wednesday 9:30am ZUMBA®

Wednesday 7:00pm Healthy Lifestyle Program at BPCC

Thursday 10:00am WP Christian Life Topics

Thursday 6:00pm Group PT

1st Friday 7:00pm WP Event

3rd Saturday 10:00am WP Event

PT Studio Etiquette

1. I'll provide space/bench outside the studio where you can leave your water and car keys.
2. Water breaks will be taken outside the studio.
3. A towel and yoga mat is compulsory for all PT clients.
4. Keep spare togs in car for pool.

PT Rates for 2013

Group PT = \$25pp – 1hr

One-on-One = \$60pp – 1hr

One-on-One = \$30pp - 30 mins

Morning PT sessions available

Good Habits for 2013

- ☐ drinking 8 glasses of water a day
- ☐ eat fish 4 times a week
- ☐ eat lot's of fibre (fruit/vegs) daily
- ☐ eat breakfast every day
- ☐ exercise 30mins or more every day
- ☐ laugh a lot
- ☐ think good, positive thoughts
- ☐ eat slow
- ☐ drink X1 alcoholic drink a day
- ☐ spend time with positive, sporty people
- ☐ consume all "skim or no fat" dairy
- ☐ eat small portions
- ☐ eat clean most of the time
- ☐ sleep enough
- ☐ get 20 mins of sun each day
- ☐ be social with friends and family
- ☐ have more fun
- ☐ stop being too serious