

APRIL 2024



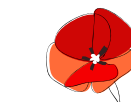
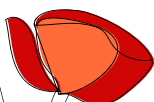
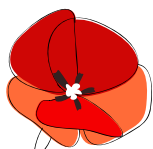
NEWSLETTER

ANZAC DAY THURSDAY 25TH APRIL 24

No reception or instructor classes on Anzac Day

**** Additional Virtual classes will be available ****

Please note - the car park directly in front of the gym will be closed off for the Anzac Day March.
The morning in particular will be affected.



ACTIVITY LEADERBOARD

1. Sharan B
2. Trevor P
3. Karen H
4. Glen W
5. Ross A
6. Shiralee P
7. Stephanie H
8. Stuart A
9. Russell B
10. Edwin P



BOOK SWAP

We've had a great response to our Book Swap.

Thank you to those who have donated & swapped books.



Beetroot Dip

1 can Beetroot (450gm) 1 can Chickpeas (400g)
1/3 cup Cashews 1/3 cup Sunflower seeds
Salt & Pepper to taste

METHOD

Drain beetroot - keep the juice
Drain and rinse chickpeas

Blend all ingredients together in a blender until smooth
Use beetroot juice to get desired consistency

Serve chilled with crackers and vegetable sticks!



Wed 5.30pm
Thurs 5.30pm
Sat 9.30am

CLASS OF THE MONTH

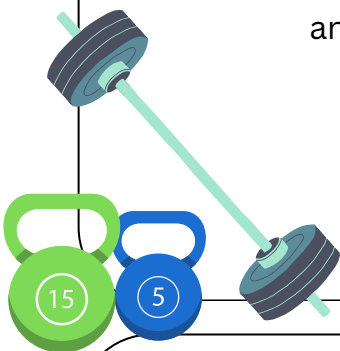
Class packs
available



If you want a social and fun aerobic workout Zumba could be the class you need to try this month!

It is a Latin-inspired dance workout that is full of energy, good vibes and great music. It burns calories and will help to increase your endurance and cardiovascular fitness.

This class is great for all fitness levels.



Did you know we have a Dietitian and Chiropractor on-site. If you would like more information see below for their contact details.



Jody Pollard
jody@totalnd.com.au

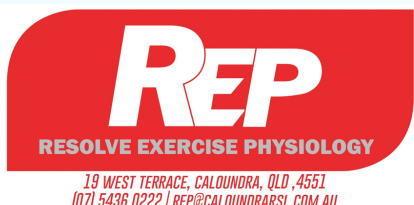


CALOUNDRACHIROPRACTIC

Karen Phillips

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Resolve Exercise Physiology




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