

Hi again everyone.

Well once again things have been full on at WIM. The studio has been buzzing with members achieving goals that many never thought possible, the weights coming down and energy levels are rising! What ever your goals Michaela, Rox and I are here to help you succeed, what ever it takes, we're with you every step of the way! I'm looking forward to the Easter Break and plan on visiting family and friends I haven't seen for some time so forgive me for not being here for our Easter Saturday Step class, but looking forward to having lots of you join us on the Wine trail and City to Surf. (see below for details) Cheers Karen



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womeninmotion.co.nz

The person who aims at nothing is sure to hit it

WHATS COMING UP...

WINE TRAIL - Sunday 16th March.

Leaving WIM at 11.30am \$25 incl. Bus and nibbles. Tasting \$5-\$6 each

Don't miss out - Book your place By Thursday 13th!

O LA LA RACE- 100KM's ON THE BIKE, IN ONE GO. Can be teams of 2-3 or individuals. Let us know if you're keen so we can book you a time. **17th -20th March \$5 registration.**

CITY TO SURF- Sunday 30th March, 9.00am 12Km from the square to QE11, family and friends welcome. Registrations packs available At studio \$10 or \$18 includes a WIM T Shirt. Meet at the WIM tent for drinks and nibbles at end.

For more information on these events contact the studio.

WISH LIST 08

Thanks for your suggestions ladies but keep your clothes on, there wont be a swimming pool or spa any time soon, and if someone would like to donate a flat screen TV for the cardio area- GREAT otherwise ...no not right now, but maybe one day. We have got the big sparkly shiny new clock though and are working on a few other realistic wishes, the kids classes in the holidays, a bigger curtain, possibly something to bounce on... watch this space!

If you fail to plan, you plan to fail.

Because some people can't open the photos via email etc, we have put some photos of the coast to coast and relay for life in the photo album at studio.



COAST TO COAST

The Women in Motion Coast to Coast, Boast has officially finished. Congratulations to those of you who made it to the finish line and well done for **all that took part.**

With 18Kms on the treadmill to finish **Kim Clark** strode it out to a fine **1st place** finish. **Judith Snelling** took **2nd place** with late starter **Rosa O'Brien** in an impressive **3rd place**. The **two K's** followed closely behind for **4th and 5th**. Our **1st team** morning girls **Janice K, Amanda G** and **Sandra W** worked well together with strategic planning over breakfast meetings at Café 7 followed closely by **Karen, Anne** and **Steph** in **2nd place**, Two woman teams **Anne** and **Tracey** **3rd**, **Angela** and **Carol** **4th** and **Maureen, FuJin** and **Amy** **5th**.

As usual the event took quite a few out of their comfort zone but wasn't the achievement worth it!

*Thank you to all that supported and helped raise funds for the relay for life through the movie night, the raffles, lotto tickets, bottle auctions and donations. The "GYM BUNNIES" along with families and friends raised around \$3000, which contributed to the overall \$135 thousand for the Cancer Society. The 24 hour relay was full of laughs,(or cries for emergency tent pegs) mud ,rain, bunny ears, soggy salad rolls, and Carol J hiding under a wig, And we have to mention after carrying the baton for 23 ½ hours, we lost it. Well-done team! **Winners:**
Raffle -Carol .J Guess the daffodils- Liz.G.
Bottle auction winners -List up in studic*



Up Coming Public Holidays

CLOSED EASTER FRIDAY 23rd March & MONDAY-24th March

OPEN EASTER SAT. 22nd 8am – 1pm **Sorry No Class**

CLOSED ANZAC DAY-Fri 25th April

EASTER...

Once again we have a donation basket of Easter goodies for the Women's Refuge, so if you would like to donate, please drop it off in the yellow container at the studio, (not to the staff because you might not see them again!) There is also a kids Easter colouring competition.