

The trouble with doing nothing is that you don't know when you're finished.

Women In Motion

News, Health tips and other great stuff!!

July 09



Welcome to all new, returning and regular members. And to those we haven't seen for a while "come back, we miss you!"

The only real depression happening here at WIM is due to the weather, but every thing else is "rocking" with lots of new faces and plenty of challenges to keep everyone busy.

Don't be shy in giving some of them a go, there's some great prizes in the offering and you don't have to be the best at anything as ALL participants in the challenges are entered into the lucky draws. Register for the WIM In house tri athlon series starting soon. See *Details below*.

Winner of the June Challenge Lucky draw: WIM Jacket - **Annette Wilson**. Well Done!

Winner of the June membership prospect: Triple Treat Voucher **Sarah Redman**

Congratulations to those members who completed the last **catchfitness 20 week challenge**

With 110 entries from various centres/studios WIM and our trainers/competitors did well to be awarded:

BEST CLUB - Women In Motion (2ND time running)

BEST CHANGE IN FLEXIBILITY –Carol Killoch (Trainer Deb Wilson)

PERSONAL TRAINER Runner Up – Michaela Knudsen (yes our very own!)

Michaela deserves a special mention, as an up and coming PT, she was judged against some very experienced and successful trainers including the winner, who has previously been awarded South Island PT off the year at the Fitness Industry National Awards 2008

You still have time to register for the next 20 week challenge starting 13th July (late entries accepted)

Upgrade your current membership for 20 weeks – Payment options available

GET THE RESULTS YOUR AFTER - FASTER!

Trainers: Michaela Knudsen– Deb Wilson – John Cassidy

Family Circuit

**Men encouraged!!
Thurs 7.30-8.30pm**

This is a great opportunity to get fit together so bring along your significant other or any friend/family who wants to get fit/ tone up/ have fun!

Ideal for members looking for that EXTRA class (welcome to come alone!)

**Boot Camp style circuit - All levels catered
\$10 casuals N/C members**

Sun Bed Users, sorry but...

Due to health risks associated with the use of Sunbed tanning and in the best interest of our members/users and in keeping with wellness principals of WIM the Sun bed will be removed from the centre by end July

Any unused Concession cards may be transferred to the... replacement

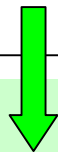
FANTASIC Human Hands MASSAGE CHAIR

This Top of the Line chair feels just like the real thing and adjusts to fit body contours, size and intensity.

Almost as good as getting a massage from Karen but not quite!

\$5 session - 15 minutes

No Cost to Reshape Members



FOR SALE

(You guessed It)

Well maintained Sun Bed – Check out Trade Me listings or see Karen for Buy Now Option – Pick up only!

WIM

Annual Indoor Triathlon Series

100 members participated in this FUN event last time and we are hoping for even more this year!

Distance over time.

Short course: 10min each Bike/xtrainer/row

Long course

15min Bike 10 min xtrain/row/treadmill

choose your category then aim to better your distance each month

It's very achievable for everyone

\$5 per individual series (\$12 for 3)

PRIZES for each series

Yoga

Yoga is a great way to bring balance into your exercise programme and can help improve Strength, Flexibility, Tone, Focus, Breathing and Relaxation skills.

Tutor: *Cassie Walsh* trained and assisted in teaching classes in India and currently teaches 1-1 and small groups.

8 Week Course - Hatha Style Yoga

Starts: Wednesday 22nd July

7.30 –8.30pm

Cost \$75 Non members \$67.50 Members

Places limited - book NOW!