

Hope you all had a wonderful Xmas and New Years, as we all end up eating way too much naughty foods and not enough exercise, kick off this year with a **BANG**,

JANUARY 'S Members **Free Bee** - It's the month to try out our surf boards as they are free all month, so jump on test your balance and sweat, ask Karen, Kylie or Rox to get you started because the

SURF'S UP!!!!



12 week challenge Hamper Winner ----- Nicola Bennett
Well done to everyone that took part, You did good ladies!!! ☺

CATCH FITNESS 20 WEEK BODY & LIFESTYLE COMPETITION

For the body you've always dreamed of and the lifestyle to keep you there.....

Start Date – February 8th 2010

Entry Fee - \$129 or early bird rate is \$99 if paid to us before 20th January

Finish Date – June 27th 2010

The competition rewards you for achieving your health and fitness goals, For 20 weeks you will receive lots of suggestions on how to train and what to eat. You'll need to invest in a Personal Training session at least once a month. But with our special team offer here at WIM you can split the cost and pay just \$15 per person per week for your own (well shared amongst friends!) PT!

If this sounds like you or you would love to kick the waistline back into shape, you can enter as an individual or in a team and motivate each other.

There's \$5000 in prizes up for grabs.
For more info see us or visit www.20weeks.co.nz

MEET KYLIE



Kylie is the new bee in the gym,

I've been working in the fitness industry for 4 years, it's become a passion of mine helping members reach their goals and seeing the benefits of exercise!

I'm a NZ Cheerleading Representative 2005/06/07 completed in USA.

My goal is to motivate members to have fun and enjoy their workout while achieving their desired results and goals ☺

LETS ZUMBA

Karen and Rox have recently been in Auckland their tosh and learning Zumba moves to bring back here for all of you....

Start February, Date, days, times to be confirmed soon ☺



Sat 6th & Sun 7th March 2010

Would you like to be part of the team for this fantastic event??

It's fun and a great cause

Leave your name with us and we will give you more info shortly.

WHAT DO YOU WANT TO ACHIEVE IN 2010?

What ever your goals are for this year, now is the time to plan how you are going to achieve them.

Don't dream it – do it!

“The person who aims at nothing is sure to hit it.”

Membership for “sale”. 7 months left on contract \$13.50 weekly \$25 transfer fee. Tell your friends.
Sorry not for any current or past WIM member.
Contact: sarah.marks@raywhite.com

UPCOMING EVENTS

Keep watching for dates,

Feb - In-house Coast to Coast Can be done as a team or an individual,

**City to Surf – March 21st
Real Women Dualthon Sun 28th March**

Find a workout buddy and get “training”

COME ON Take the plunge!

Hair & Beauty Tuesday's @ WIM.

\$15 Cuts 1st Tuesday of the month 4pm-7pm.

Beauty Therapy 2 /3 /4th Tuesday 5pm-7.30pm

Book at reception for these member discounted services

Birthdays In January

- Sheryn*
- Helen*
- Rawena*
- Sue*
- Amy*
- Marg*
- Anette*
- Mel*
- Raeleen*
- Cherie*
- Tracey*
- Janine*
- Kathryn*
- Kay*
- Min*
- Melinda*



Hope you all have fantastic birthdays from the team at WIM

UMMM COFFEE.....

Just to let you know that the coffee machine is leaving us soon so please if you have a coffee card use it up,

