

April

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Legs		Strength Combo	1 minute Thursday's	Arms and Core	
8:00am	Arms and Core	Cardio Combo	Strength Combo	Dance	Legs	
9:00am						Balance/Yoga
5:30pm	Strength Combo			Dance		
6:00pm	Strength Combo	Cardio	Arms and Core	Dance		

May

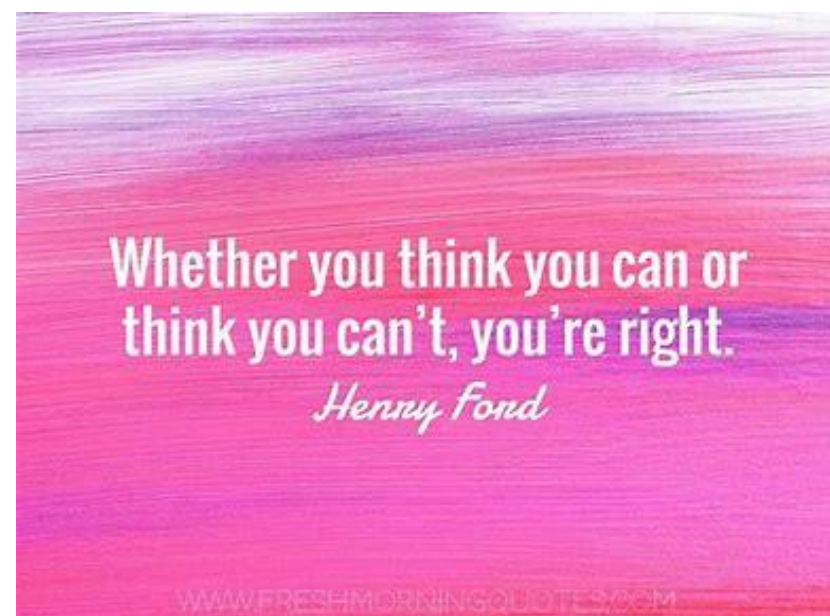
Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Strength Combo	1 minute Tuesday's	Arms/Core		Legs	
8:00am	Strength Combo	Dance	Legs	Cardio Combo	Arms and Core	
9:00am						Cardio Combo
5:30pm	Arms and Core	Dance		Box and Tone		
6:00pm	Arms and Core	Dance	Legs			

June

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Arms and Core		Dance		Strength Combo	
8:00am	Legs	Box and Tone	Dance	Cardio	Strength Combo	
9:00am			1 minute Wednesday's			Strength Combo
5:30pm	Legs	Arms and Core	Dance	Cardio Combo		
6:00pm	Legs		Dance			

Yoga (Yin Yoga & Pil-oga) – separate to Curves. Booking are essential!

Times	Monday	Tuesday	Wednesday	Thursday	Friday
9am					Yin Yoga
11:15am	Yin Yoga	Pil-oga	Yin Yoga	Pil-oga	
5:30pm	Pil-oga				



As the days get cooler remember to keep up the water intake. It is very easy to become dehydrated in winter. Your coffee and tea don't count either!
 If you are stuck for ideas then try cutting up your favourite fruits, vegetables, herbs etc. and placing into your glass or jug. You can also any use combination. For example, strawberries, lemon, lime, cucumber, orange, mint, basil, watermelon, pineapple, ginger, apple, pear, sage, raspberries, mandarin, celery, grapefruit, pomegranate etc. Don't forget to eat the ingredients, as it's full of fiber!



CURVES & EXOFIT TRAINING SYSTEMS NEWS



Volume 1 / Issue 1

Welcome to our first newsletter!

Our plan is to product a Newsletter quarter (if not more frequently) with all relevant information to

- What's in this issue?**
- 8 week National Challenge
 - Facebook notifications
 - Kokoda Crossing
 - 1:1 sessions
 - Change of afternoon hours
 - Upcoming events, workshops & seminars
 - Circuit timetables – April, May & June
 - Yoga Class Timetable
 - Recipes

keep you up-to-date with all that is going on or being plan for the months ahead.

You'll also notice a few changes happening within Curves, such as changing of equipment positioning, 1 minute days, turn around Tuesday or Freaky Fridays etc. There is science behind these crazy ideas ☺ as it helps you **achieve your goals** and avoid the dreaded plateau! *We want you to succeed and see results!*

As most of you are aware, Lee is an accredited exercise physiologist. She treats injuries, chronic disease, workers compensation, lifestyle management, nutrition, weight loss and much more. So, if you find yourself with any of the above, please feel free to make an appointment with at Exofit – next door to Curves.



Would you like to **win \$1000??** Well you have the chance in our **National 8 week challenge!** This challenge is more for lifestyle, rather than weight loss. However, we will have some club prizes which may include weight loss, most workouts etc. You will have access to our unique

- Curves Complete,
- Curves Fitness,
- Coach Support

You can start anytime between April 12th & May 4th however, you must be completed by June 29th

Prices start from \$99 and T & C apply.

Social Media Notifications

We are planning to engage with our social media pages, particularly Facebook (www.facebook.com/curveshillarys & www.facebook.com/exofit). We will have information, polls, funny quotes and more!
 So please 'Like' our pages ☺ We will endeavor to have current information on the white boards where possible.

New Afternoon Hours from 3rd April

As you may be aware, we had a Facebook poll and were asking Members what they thought about changing our evening hours from 3pm to 4pm (Monday & Wednesday's), and 6:30pm to 7pm Monday to Thursday. Due to an overwhelming response (in club & Facebook) of yes, we have decided to change the afternoon hours to 4-7pm Monday to Thursday. The reason is due to 3-4pm not being utilised, and also so that Members don't have to rush their workout. We will see how this goes and if any changes are required, then we will look at the situation again.

Winter is not far away, so try this Chicken Pie!

Ingredients: 4 small skinless chicken breasts
2 cups salt-reduced chicken stock
1 bay leaf
700 g mixed vegetables of choice (carrots, cauliflower, leeks, cabbage, asparagus, baby corn, peas)
2 tsp cornflour
2 tbs low-fat milk
2 tbs mixed herbs (parsley, thyme, oregano, marjoram) or 1 tsp dried mixed herbs
pepper, to taste
6 sheets filo pastry
olive or canola oil spray

Method: Preheat oven to 200 °C. In a large covered pan, slowly poach chicken breasts in chicken stock and bay leaf for 15–20 minutes depending on size.

Cut vegetables into bite-sized pieces and add to the pan. Cover and continue to cook for 5 minutes. Remove the bay leaf and place chicken and vegetables into a deep pie dish, leaving behind the juices. Mix cornflour with milk and add to juices, bringing to the boil to thicken. Add herbs and season with pepper. Pour sauce over chicken and vegetables. Prepare pastry crust by spraying every second sheet of filo with a little oil and layering sheets on top of each other. Place over top of dish, scrunching up slightly. Spray with a little oil and bake until crisp and brown. Serve immediately.

Recipe from *Healthy Food Fast* © State of Western Australia, 2012. Reproduced with permission.

“Your Fitness
is 100% MENTAL!
Your body
WON'T
GO, where
your MIND
doesn't PUSH
IT!”

Healthy Homemade Pizza

These are fun to make with the kids or grandkids whilst enjoying a healthy “naughty” dinner ☺

Ingredients: Grained tortilla or pita bread
Pizza sauce – homemade is best (otherwise store brought is okay)
Mini tomatoes - chopped in half or diced
Spanish red onion - diced
Capsicum - diced or strips
Pineapple - crushed or pieces
Mushrooms - chopped
Chicken - shredded
Basil
Low fat mozzarella cheese

Method: Place pizza sauce on the tortilla or pita bread then top with your favourite toppings. Above is a few ideas. Top with mozzarella cheese and bake in oven from ~20 mins on 200°. Enjoy!

Protein Balls – A Healthy Snack & Chocolate fix all in one!

You can adjust the ingredients to suit your taste and quantity requirements.

Ingredients: 1 cup of pitted Dates
1 cup of Almonds
Protein powder (optional)
1-2 teaspoons of peanut butter
1-2 teaspoons Cocoa powder
Add water as needed
Shredded Coconut

Method: Place all ingredients into a bowl beside the coconut and blitz with a hand blender (or similar). Add water as needed. When it has formed a moist firm mixture, then take a teaspoon size amount (or as big as you like) of mixture and roll into a ball then into the coconut. They are ready to eat! Store in fridge.

UPCOMING EVENTS, WORKSHOPS & SEMINARS

Arbonne Workshop: 29th March 6:00pm

We are now Independent Consultants for Arbonne, so come & have a look and try some samples! (No Obligation!)

Location: Curves

Foam Roller and Trigger Ball Workshop: 11th & 18th April at 9am or 11:15am (2 time slots).

Cost: Includes Long roller, Trigger ball & Workshop = \$100,
Medium roller, Trigger Ball & Workshop = \$85 or
Small Roller, Trigger Ball & Workshop = \$70

If you have your own foam roller &/or trigger ball please see Lee for price.

Location: Exofit

Nutrition Seminar – 2 part series: 16th & 23rd May at 9am or 11:15am (2 time slots).

Cost: \$50/person (includes take home information)

Location: Exofit – we may ask you to bring a chair depending on the booking numbers

Exercise Right Week: 21st -27th May

Bring along a friend for “Come and try Curves”.

Should they decide to join you'll receive 1 month FREE!

Core strengthening, Pelvic Floor & Stretching Workshop:

30th May at 9am or 11:15am. (2 time slots).

Cost: \$35/person (includes A3 Poster)

Location: Exofit

Weight Loss & Maximizing your Fitness: 14th June at 9am or 11:15am (2 times slots)

Cost: \$35/person

Location: Exofit – we may ask you to bring a chair depending on booking numbers

*Additional workshops/seminars are available upon request (including evenings).

Ladies, if you have any suggestions of what you'd like to see happen in our Club, then we'd love to hear it!

For example, types of classes, theme days, exercise descriptions or examples cards for mats etc.

Expressions of Interest:

Would you like to have available personalised 1:1 sessions where we help you keep up the intensity, motivation etc. for your whole workout?
Cost \$15/session
Please let us know your thoughts!

Boost Juice Relocating next to Universal Store

How to increasing your incidental exercise & burn extra calories!

- Park your car further away from your destination and walk
- Use the stairs wherever possible
- Do walking lunges down the passage way
- Try to balance on one leg whilst brushing your teeth
- Do sit-to-stand when sitting for a period of time
- Practice your pelvic floor exercise whilst sitting
- Walk around while you're on your phone
- Do the house cleaning
- Work in the garden
- Stretch whilst watching TV
- Pick an event to train for – e.g. HBF Run for a Reason

	Boost Whitford City
	Family fun
	\$5 Boosts ALL DAY
Free drinks for the first 50 Vibe Members: Thurs 29th & Sat 31st	
	Thursday 29.03.18

Kokoda Crossing

Have you ever thought about doing something adventurous like the “Kokoda Trail”? Travis, from Kokoda Crossing, has a wealth of experience, with 6 years of leading these amazing treks. For more information please see Lee for a brochure. Training packages are also available.