

APRIL AT



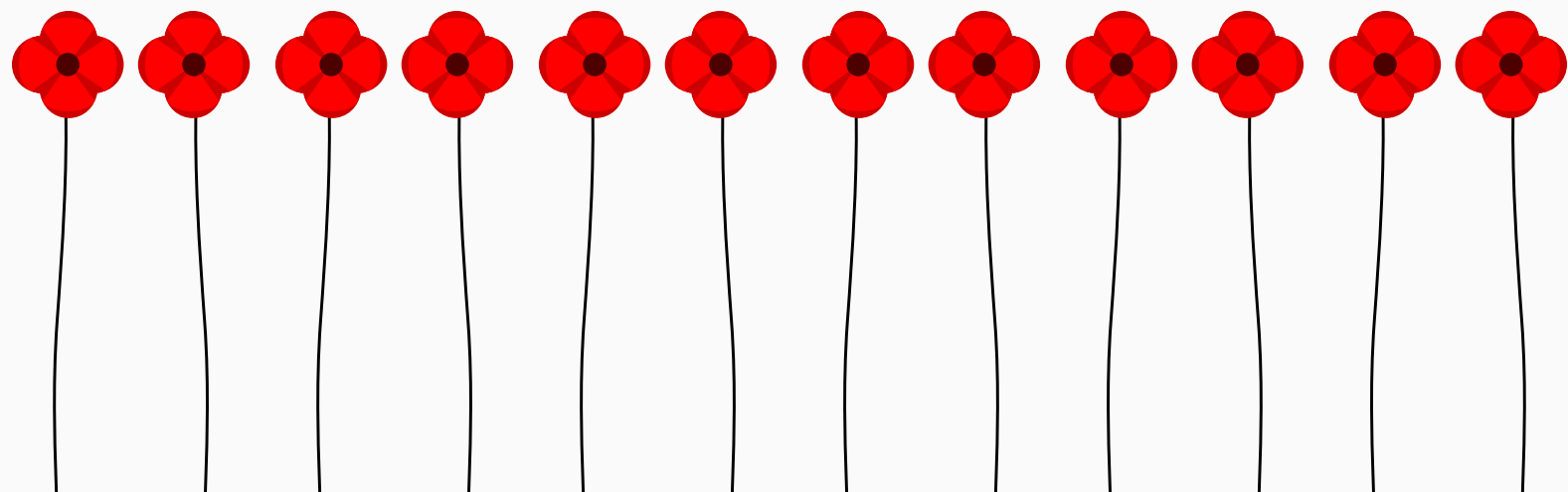
APRIL NEWS

We've blinked and suddenly it's April at Coordinated Fitness! We hope that everyone had a safe and happy Easter with their families and indulged in some treats from the Easter bunny.

For those of you who participated in the first 6 weeks of our new Pilates and Balance classes... THANK YOU! These classes have been a great addition to our services and those of you who have attended have found great value in them. We will be continuing these classes in April. Have a chat to Kerri to book your spot and read on for the pricing structure.

As you may be aware, the expiry dates on our group class passes have recently changed slightly. We have detailed those changes below.

Don't forget that in April we pause to remember the landing of Australian and New Zealand troops at Gallipoli on ANZAC Day, the 25th April. This falls on a Thursday this year and we will be closed for that day.



Pilates and Balance: FAQs

Q: Do I need to have experience in pilates?

A: No! No experience is necessary. We tailor the class to suit your individual needs and everyone can work at their own pace should they need to! You will be given options during the class to progress the intensity of exercises.

Q: Which class is better... should I do pilates or balance?

A: Ideally, do both! However, when making your decision, remember that they are different!

Pilates can be daunting as it focuses on the core, glutes and upper back muscles. This can be quite intense when you first start, but the exertion will be worth it. Having a stronger core will help you with your activities of daily living, improve your stability and complement your gym work. Expect to feel like you have worked your muscles by the time you leave!

Our balance class is a circuit style class comprising exclusively of balance exercises. You will be on your feet and on the go the entire time. Expect to feel wobbly and off balance but in a safe environment. We have to challenge your balance in order to improve it.

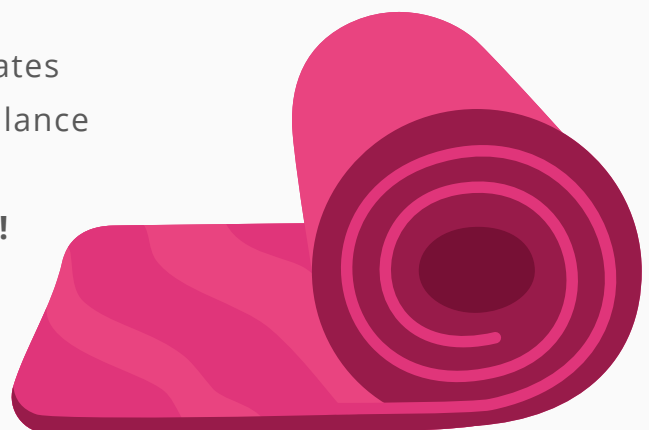
Q: Do I need to be able to get on the floor for pilates?

A: Ideally yes as we are doing matwork pilates. As we use the back area at Coordinated Fitness, there is a plinth bed for one person in the class to use. First in, first served.

Remember that these classes run on Monday mornings:

9am - 9.45am: Pilates
10am - 10.45am: Balance

See you there!

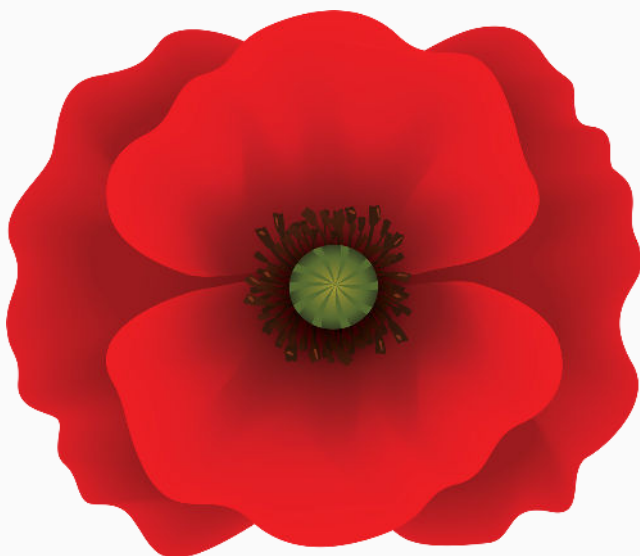


And the winner is...

KATE MOLONEY!!

Congratulations Kate! You have won a free 30 minute program review.

Stay tuned for future competitions over the coming months for your chance to win!



A friendly reminder that we will be closed on Thursday 25th April for ANZAC Day.

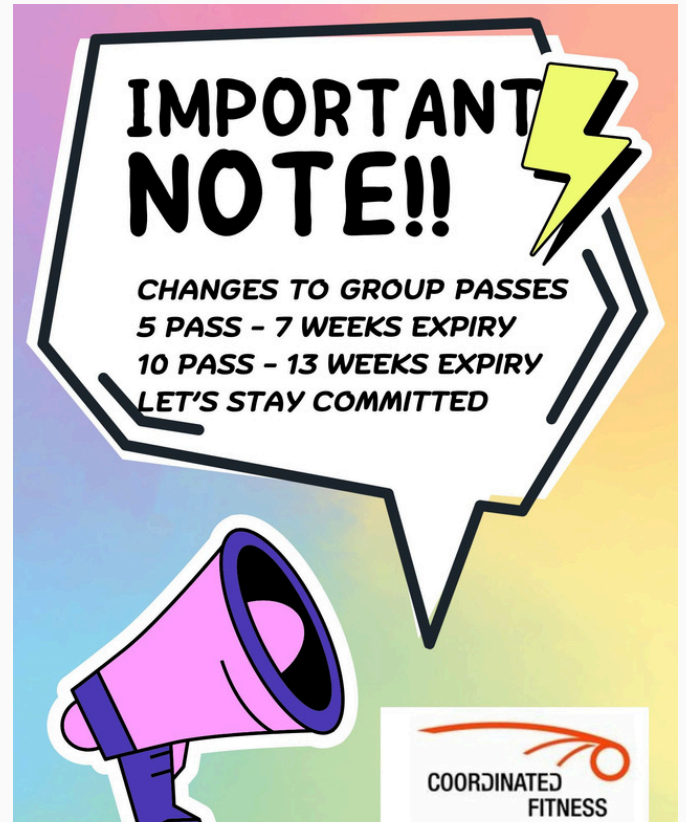
Lest we forget

Changes to Group Passes

In case you missed it! We've recently changed our group pass expiry dates.

A 5 pass now has a 7 week expiry
A 10 pass now has a 13 week expiry

Please consider these expiry dates if you know you have some upcoming holidays or time off planned.



Client Shout Out

LINDA

A big shout out to Linda this month! She has been attending three sessions a week through February and March.

Amazing work Linda!

Congratulations Will!

A big congratulations to Will who recently had his graduation ceremony on the 11th April. We are so proud and hope that your career is very rewarding!

