

fitness @ flagstaff

group personal training outdoors

SUMMER 2010 NEWSLETTER



Perpetual Cup

After being nominated several times, Steve K was awarded the fitness@flagstaff perpetual cup. Steve holds the beep test record and is a perpetual pleasure to have out at training!



200 SESSIONS

Sam B

100 SESSIONS

Janelle
Kat
Darryl
Nat
Michelle
Hayley R
Steve K
Sarah
Pauline
Di
Ellie
Graeme
Julie H
Kim
Darren S
Francis
Peter M
Lyn
Ian
Trina
Nathan

50 SESSIONS

Linda
Lee
Karen
Lynne
Bob
Marion
Lyndall
Trish
Hayley W
Bec
Sheryl
Kay
Jenna
Isaac
Paul
Emily S
Bree H
Mary
Andy
David
Swaif

✧ Quotation Corner ✧

"A journey of a thousand miles begins with a single step."

Chinese philosopher Laozi

XMAS PARTY

The Xmas awards kicked off at 3pm with members and their families mingling and having a few laughs. It was nice to celebrate the passing of my second Xmas with a great mix of new and established faces. About 70 friends came and went throughout the evening, with the last one leaving about 12 hours later. Yes, for any of you keeping score, Nathan was also one of the first to arrive!



fitness never looked so good!

At fitness@flagstaff we are all doing ourselves a huge favour every time we stride out onto the track.

Every cardio set, every lunge, every push up is doing us good in a multitude of ways, both physically and mentally.

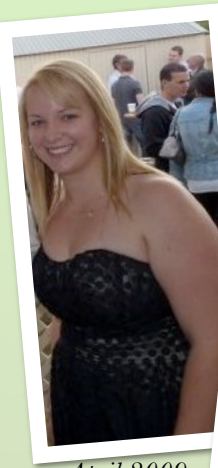
Sam was having a clean out recently and came across this photo of herself at a wedding in April 2009. Sam had already been in training for 3 months.

The "after" photo was taken 8 months later in Dec 2009 at the fitness Xmas party.

According to Sam, a young mother and ambulance officer, she hasn't lost a lot of weight. Less than 1kg a month - only 7kgs in total.

It just goes to show, that when you're fit & healthy, the scales don't matter so much.

It's no accident that Sam is the first to reach 200 sessions. Her push ups rival any-one, she has developed great core strength and is still improving with cardio sets. So while she might not be in contention for the biggest loser, I reckon she is onto a winner!



April 2009



December 2009

UPDATE

Congratulations Danielle and Ian on the birth of **Emma** and Linda and Corey on the birth of **Angus**



Valentines Month Special

Book any cardio session(s)

for any loved one

any day in Feb

... for free