

Family Fit continues to "Fit"

Welcome to all the new clients and the forever faithfuls! This year sees a few new changes to getting "Fit".

Monday nights sees the gym get "moving" by the amazing Jean who brings Zumba alive with fabulous energetic brazilian rhythms, letting you sweat away your Monday blues and be transported into a rhythmic dance fitness zone.

To help build strength and flexibility through breath, flow and wonderful poses we now have the beautiful and serene Tida and Courtney offering Restorative and Hatha Yoga on Tuesdays, Thursdays and Saturdays.

There is Tai Chi for all ages with Robyn offering Sun Style Tai Chi at Cardinal Freeman Village on Thursday mornings. Through a sequence of moves you naturally find your centre, bringing the perfectly balanced Yin and Yang moves that bring strength and calmness simultaneously into your mind and body.

Robyn offsets this with Thursday night Commando which is high intensity and ideal for pushing yourself to the limits.

Kristian and Robyn will energise your Saturday mornings and Wednesday evenings taking your stiff body into a Pilates core focus through the perfect blend of dynamic and static moves to make your deep TA, PF, Int Obl and deep spinal multifidus muscles come alive and allow inner core strengthening to occur. Vicki will empower you with Boxcercise, Venus, Mars and Group Fitness throughout the week where you can let stress and tension out through a great selection of cardio and resistance moves to burn immediate calories and tone up your muscles for ongoing fitness.

Tony sets the pace on Saturdays with a gorgeous blend of masculine enthusiasm and the gentle nature of one who "knows how to make it hurt but quietly tries not to let on". With a sympathetic ear you will be placed on an exercise and helped to drive yourself out of the weeks blues and into the weekend magic.

Jason will join out team as Guest Student Massage Therapist available on Tuesdays between 11.30am and 3.30pm where for only \$20 you will

receive a 45 minute massage (Student Practice prices). This Term he will focus on giving you a beautiful oil based massage moving from the gentle, flowing Swedish effleurage techniques to medium pressure and returning to gentle pressure with stretching techniques to aid in circulation, muscle recovery and release of tension. You will love it!

As a team we offer you

- creativity
- Sensitivity
- Serenity
- Empowerment
- Belief
- Passion
- Dedication

Term 1 is all about establishing the year. Everyone needs support in developing a routine and some goals. This is the term to do that. Why not write a short term goal and put it up on the Goal Board!

New forms of Communication are Birthed !

Family Fit now has a new Website which contains Videos, booking and request Forms, purchasing facilities and all the rest! Follow Robyn on Titter and Facebook. Facebook will be updated weekly while twitter will be more regular. If you are new please make sure you have filled in a Prescreening Form. When you arrive sign in, pay (if necessary), let your trainer know to be aware of any injuries before the session starts. If you buy a 10 pack please tick off your attendance on your card and store it in the box on the coffee table under the mirror. If you arrive early please

make yourself comfortable in the lounge area. All sessions are back to back so please try not to interrupt a session in progress if possible. Term One ends Thursday night 17th April as there will be no sessions during Easter. Term Two starts on Tuesday 22nd April. Check the Special Edition timetable for the 3 weeks Robyn is away competing in the Indoor World Masters Athletics Championships in Budapest, Hungary. Most sessions will be all actions stations GO but there will be just a few sessions we are unable to offer

between 21/3 and 11/4. Please note that the new Policy is "No Cancel, Reschedule only". In other words, pay upfront, and if you miss a session make it up with any class before the end of the Term. Robyn is starting a waiting list for Yoga on Sundays if you are interested. Please see Robyn to book in for a massage with Jason. If you want a massage outside of these hours Robyn recommends both Richie Vez who does amazing Remedial and Active Release Treatment—call 0407 009 108 or Veronica Watson of Summer Breeze who does the unbelievable Hot Rocks and Lymphatic technique on 0410 465 502.

Robyn's little update:- State Championships in Newcatle, Nationals in Hobart and Indoor World Masters Athletics Championships in Budapest, Hungary between now and the end of March. Robyn turns 55 and has been competing since the age of 43 having achieved some State and National records and 2 World Masters Medals for Gold in 4 x 400m Relay in Sacramento and Bronze in 4 x 400m Relay in Finland. She is now attempting to do a Personal Best in the hope to get into the Finals at the World and with fingers crossed achieve a dream that she has worked on since the age of 13. Dreams can come true, but Reality can be harsh and it requires huge self discipline to keep going. May Robyn's journey give you hope, trust, belief to never stop dreaming as you will never know if you don't give it a go! Robyn trains twice on most days around her busy work schedule always trying not to let anyone know how tired she might be feeling. For example this week training was—Monday Gym—Bulgarian split squats, Triple extension, bar squats, heel lifts and glute/hamstring work at maximum weights. Later 4 x 4 x 60m sprints on the track. Tuesday gym—OH bar squats, bench press(up to 50kg) bent over rear rows, chin ups, fast pull ups, shoulder press, Y's and T's and later on the track sprint starts out of the blocks, 3 x 120m at maximum effort. Usually there is another gym and track session on Wednesday and Thursday, competition or training on Saturday, Hurdles training on Sunday and a fun bike ride to a local coffee shop on Sunday arvo. If tired I don't train. Wisdom and brain power is everything. It mightn't sound like much but Robyn doesn't wear a pretty face when she trains. She goes as hard as she can and follows her plan to the best of her ability. A grey day is not good for the psyche, but a blue sky day gives her the lift to try to keep pushing her boundaries. Robyn believes that everyone has been given a gift and a special reason for life. Robyn hopes to share with you a belief that is so strong it rips through your blood stream and doesn't give up until the last breath. May each of you enjoy your journey as much as Robyn does !