

# Waiwhetu Fitness Centre

## August 2006 Newsletter

IMPORTANT D8'S FOR THIS MONTH:

### Indoor Netball

*Congratulations to all teams that competed in the indoor netball competition... We had a lot of fun and were very entertained with such intensity and skill... A job well done...*

- 1<sup>st</sup> Place – Legends 41 points
- 2<sup>nd</sup> Place – TanS2 29 points
- 3<sup>rd</sup> Place – JeanK 21 points
- 4<sup>th</sup> Place – Shazz 12 points



### SOUNDZ

If you would like to listen to a change in music feel free to bring your own soundz and pimp your vibe, feel the flow and get low...



### FITNESS GIGGLES

- ☺ | don't exercise at all; if god meant us to touch our toes he would have put them further up our body!
- ☺ | I joined a health club last year, spent 600 bucks, and haven't lost a pound!! Apparently you have to show up!!

*So remember, work hard, train hard and play harder...*

KEEP  
NO  
KEEP  
NO  
KEEP  
NO

### July Top 3

**Huaiyu Wang**  
**Stephen Bell**  
**Maureen Lamb**

These members were the top 3 visitors of the month, as a reward we have gifted them with an extra week on their membership... well done guys keep it up!! This competition is open to all members, so let's see who will be top 3 for this month.

\*All winners are posted in the newsletter each month, only member/s with the most visits of the month will receive an extension on their membership, prize is not transferable.

FAREWELL TO JESSICA WHO IS MOVING BACK TO AUSTRALIA TO LIVE. SO WE'D JUST LIKE TO SAY FROM THE STAFF AND ALL MEMBERS' GOODBYE AND GOD BLESS. GOOD LUCK FOR THE FUTURE...

NO ONE ever works out and REGRETS doing it! NO ONE ever takes a class and WISHES they'd STAYED home when they're finished. NO ONE ever gets to the top of the hill and says "I would have rather stayed home and SAT on the couch" so big ups to those who are here now...