

New Beginnings...

July 1, 2011, saw Inner West Fitness move from its personal training home at Thump HQ, Queens Rd to Lyons Rd, Five Dock. I was absolutely touched by everyone who didn't hesitate to say they didn't care where I was based and would continue to train with me regardless. Actions followed through and it has been wonderful having you at the new studio. How great has it been?! New equipment, new atmosphere and new challenges for everyone. The energy levels are up and everyone has been taking up the challenges I have set, moving to new levels in their fitness. At the moment I am overseas and I have given you clients worksheets. I am looking forward to seeing how you went and do miss you all! I know you are all being active and healthy in my absence. Thank you for taking the move as your opportunity to ramp up your goals. We've done the scales, we've done the fitness tests, they are the proof that each of you put in the hard work.

I have received great feedback with the boot camp sessions and great numbers. In following with its success and love of it, I have now decided to introduce the Box Fit sessions in 5 week terms too. Box Fit will have the options for either 1 or 2 days per week. I think the 5 week terms work really well, you will have that commitment you won't to break giving you extra motivation, each week sessions will be designed to be more challenging as you become fitter and stronger. I hope those that have been coming to the casual boxing sessions consider box fit terms. If you would like to do both box fit and boot camp combined let me know and I'll send you through a package price.

Smile, be kind, nourish your body with healthy foods and be active.

Kind regards,

Elizabeth Pattalis

Inner West Fitness

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Refer a Friend – How it works?

If you like the sessions, please tell your friends and family. Thank you again to all those that have been able to refer friends and to all those that regular come to sessions.

In time I do hope to offer more and more classes/services and can only do that with your support, thank you.

Refer a friend program*: Ends December, get your points tally up!

- Refer a friend who pays for 1 personal training session or private group sessions and you receive 2 points
- Refer a friend who pays for 1 group session and you receive 1 point
- Buy a gift voucher for a friend and you receive 1 point
- When you earn 10 points you receive a 1 hour free massage!

Quote

"Self-disciplined begins with the mastery of your thoughts. If you don't control what you think, you can't control what you do. Simply, self-discipline enables you to think first and act afterward." - Napoleon Hill

August Timetables

There will no longer be options for casual classes. Sessions will run on a 5 week term for both boot camp and box fit classes.

Term: **August 15 - September 17**

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------------|---------------------------------|--------------------------------------|----------|--------|--|
| 6 – 6.45 am Boot Camp 5 Week Term | 6 – 7 am Box Fit 5 Week Term | 6 – 6.45 am Boot Camp 5 Week Term | | | 8.15 am – 9.15 am Box Fit 5 Week Term |

Boot camp: Mondays & Wednesdays \$179 for 5 weeks (no options for single days)

Early Bird Special, pay prior to August 5 and only pay \$159

Box Fit Circuit: Attend two sessions per week for 5 weeks \$179, or one session per week for 5 weeks \$95 (must choose days when booking)

Early Bird Special, pay prior to August 5 and pay \$159 for two sessions, or \$85 for one session per week

Bookings can be made via website.

Common Workout Mistakes

1. Reading or watching tv on cardio machines. This generally results on slower physical activity. Listen to some upbeat music instead which will increase your intensity.
2. Using weights too light. You want your last reps to be challenging. If you are breezing through the sets you are not getting the most out of the exercises. Feel the burn. Your body needs to be pushed to change. It's okay to sweat during weight sessions!
3. Standing around between exercises. Between weight exercises and machines you want your heart rate to stay relatively high. If someone is using a machine you want. Don't just stand there, jog on the spot, do some sit ups, do something.
4. Drinking sports drinks. Unless you're athlete or working particularly intense for a long extending periods stick to water. Most people exercise to burn calories, don't be pumping sugar into your body and ruining your efforts.

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* Terms and conditions apply.

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