

fitness @ flagstaff

group personal training outdoors

SPRING 2009 NEWSLETTER



Perpetual Cup

Awards were presented at the brunch following the Sturt George walk.

Darryl, Lyn, Steve K, Hayley R, Isaac, Sam B, Ian and Di were all nominated for the Perpetual Cup. The award went to Sam Bradley who has clocked up 150 sessions.

TEAM 100

Janelle
Kat
Darryl
Sam
Nat
Michelle
Hayley R
Steve K
Sarah
Pauline
Di
Ellie
Graeme
Julie
Kim
Darren

TEAM 50

Linda
Lee
Karen
Lynne
Bob
Marion
Lyndall
Kay
Francis
Trish
Hayley W
Peter
Lyn
Bec
Ian
Sheryl
Trina
Jenna
Isaac

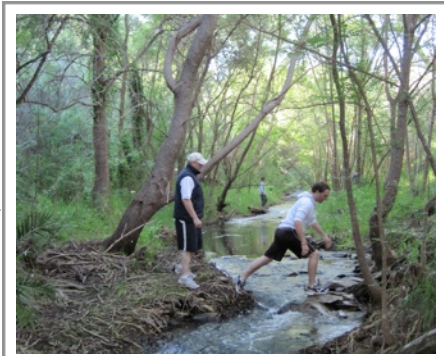
FIRST BIRTHDAY CELEBRATIONS

Many of you have noticed the "birthday" announcement on the fitness@flagstaff sign. I hope that it sends a message to the community that we are a professional business and plan being here for the long

haul. Of course my best marketing is having people come out and experience the vibe of a session for themselves. All of you are part of that atmosphere, and for that I thank you.

GEORGE WALK

Forty walkers set off on a perfect Saturday morning to walk our own Sturt George. We had to negotiate two creek crossings and a steep climb, but all made it home safely. Up to sixty enjoyed a brunch of fresh fruit salad topped with yoghurt followed by bacon and egg burgers.

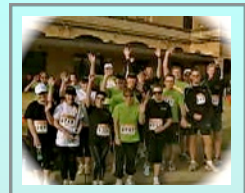


City to Bay



fitness@flagstaff bus crew

There were 25 fitness@flagstaff members registered in the city bay fun run, many for the first time ever. I was so pleased to see so many members set ambitious personal goals. The bus certainly made it easy and the bonus 12 week training regime made it achievable.



Next year we will work to support a charity and share our good fortune.

Congratulations to everyone for completing the event.

Congratulations Kristi on the safe arrival of Charlie Dee!