

The Green Apple Team wish you and your family a wonderful festive season. Hopefully one full of happy family time, moderation from excesses and inclusive of some fun physical activity!

We hope to see you during the Christmas/New Year time below:

Christmas Gift for Just \$99

All beautifully wrapped with a monogrammed towel valued at \$30

Choose from:

Either A 60 minute Remedial Massage with Margy

Or A Trial Membership for one month—with full Wellness Induction

Or 3 x 30 minute Personal Training sessions with Darrol, Katrina, Wanda, Loretta or Petrina



Date	Opening Hours	Activities <i>Wellness class participants may attend at any time unsupervised over the Christmas/New Year using their clipcard</i>
Mon Dec 23	5.30am—8.00pm	Classes as normal (except 9am Aerobics is a circuit)
Tues Dec 24	5.30am—2.00pm	Classes as normal (except 6am Aerobics is a circuit) No Evening Classes
Wed Dec 25	CLOSED	Christmas Day—Public Holiday
Thur Dec 26	CLOSED	Boxing Day—Public Holiday
Fri Dec 27	6.00am— 10.00am	6:00am Mystery Class (Charlotte) 45 minutes 9.00am Aqua (Wanda) 45 minutes
	3.00pm—7.00pm	5:00pm Aqua (Bethany) 45 minutes
Sat Dec 28	7.00am—12.00pm	8.00am FOREVER ACTIVE (Bethany) 30 minutes 9.00am Aqua (Wanda) 45 minutes 10.00am Pilates (Wanda) 45 minutes
Sun Dec 29	3.30pm—6.00pm	No Classes
Mon Dec 30	6.00am—10.00am	6.00am Aqua (Wanda) 45 minutes 9.00am Aqua (Wanda) 45 minutes
	3.00pm—7.00pm	5.00pm Pilates (Wanda) 45 minutes 6.00pm Aqua (Wanda) 45 minutes
Tues Dec 31	6.00am—2.00pm	6.00am Aerobic Circuit (Charlotte) 30 minutes 6.30am Body Sculpt (Charlotte) 30 minutes 9.00am Step (Wanda) 30 minutes 9.30am Aerobic Circuit (Wanda) 30 minutes 10.00am Aqua (Wanda) 45 minutes
Wed Jan 1	CLOSED	New Years Day—Public Holiday
Thur Jan 2	Return to normal schedule	Classes as normal

Phone 3261 1249

Inspiring action!
