

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 \$40

Choose from:

Either A 60 minute Massage with Toni

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 Charlie



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 21—Wed Dec 23	5.30am—7.00pm	Classes as normal
Thurs Dec 24	5.30am—2.00pm	Classes as normal for the morning No Evening Classes
Fri Dec 25	CLOSED	Christmas Day
Sat Dec 26	CLOSED	Boxing Day
Sun Dec 27	CLOSED	Public Holiday
Mon Dec 28	CLOSED	Public Holiday
Tue Dec 29	6.00am— 10.00am 3.00pm—7.00pm	6:00am Aerobic Circuit (Charlotte) 30 minutes 6:30am Body Sculpt (Charlotte) 30 minutes 9:00am Aqua (Charlotte) 45 minutes 5:00pm Pilates (Wanda) 45 minutes 6:00pm Aqua (Wanda) 45 minutes
Wed Dec 30	6.00am—10.00am 3.00pm—7.00pm	6:00am Thigh, Bun & Tums (Charlotte) 30 minutes 9:00am Aqua (Charlotte) 45 minutes 5:30pm—6:30pm DVD Step & Aerobics 6:00pm Aqua (Charlotte) 45mins
Thur Dec 31	6.00am—2.00pm	6:00am Aqua (Charlotte) 45minutes 10:00am Pilates (Wanda) 45 minutes 11:00am Aqua (Wanda) 45 minutes
Fri Jan 1	CLOSED	New Years Day—Public Holiday
Sat Jan 2	Return to normal schedule	Classes as normal

Phone 3261 1249

Inspiring action!
