



Gain Momentum^{Ltd}

Health and fitness. Many methods. One goal.

JUNE 2013



Linda's Message

Those who say they do not have time for exercise will soon need to make time for illness...

Author Unkown

Welcome All

Gain Momentum Ltd is all about bringing health to all our lives, through movement, exercise, laughter and friendships.

We all wish to enrich our lives, strengthen our bodies, clarify our thoughts and decision making processes, and live life as pain free as possible. So, to achieve that I am fortunate enough to have a startlingly talented and experienced team to offer a range of health options.

Whether you are stretching with Mary, breathing with Robyn, burning your butt with Erena, strengthening with Shannon, power walking with Lynsey, preparing for your baby's delivery with Anya, toning your body with Laura, having a massage with-

Jude, or hitting your body's reboot button with me, you will find a class that suits your life, your body and most of all fast track your health and fitness to how you would like to feel. So, it is with great delight that we have local Life Coach Maree McManaway joining forces with us too. Maree will be combining her monthly E motivational Newsletter The Better LYF4U along with Gain Momentum friendly fees to assist you in the holistic advancement towards your future.

Should you wish to receive this gift simply email Maree lyf4u@ihug.co.nz Or 379 8433



www.gainmomentum.co.nz



Gain Momentum

Adventures Ahead

Yoga Introductory Course

Commencing June 18th, we are running an Introduction to Yoga class at 6.30pm.

The course will run for 6 weeks. If you not tried yoga yet, or know someone who has wanted to try, then this could be the class for you. Course fees are \$50 for non Gain Momentum members. Existing Gain Momentum members can come for free, but please tell non member that this is a course fee only, not a pay per class like the rest of the timetable. As it is a course, Mary will build each week on the previous one, so that at the end of the 6 weeks participants will be ready for Level 2 classes.

Bookings are recommended, please contact Linda on 06 379 9073 or linda@gainmomentum.co.nz

What's on in Winter!

Aratoi Ball

The Aratoi Ball is back!!! If you have never been, then you need to know that this is one FUN night! This black tie event is held every 2 years and run by Friends of Aratoi. This year there is a theme; "Silver Winter", and the evening of July 20th kicks off at 7pm with champagne and nibbles, turns into a 3 course meal with plenty of wine, an art auction, dancing to The Noodles and lots more.

Gain Momentum has reserved 20 seats, and in doing so has a discounted ticket price per person of \$100.00 (otherwise \$110.00 elsewhere). It's a fabulous night and not one to be missed! Contact Linda on 06 3799073 or

linda@gainmomentum.co.nz ...Also lyf4u@ihug.co.nz to receive monthly newsletter or Seminar information.



Life Seminars!- 23 August 2013

We are excited to be offering you highly motivational and informative events. Details to follow soon!! -Linda & Maree

Contact Information

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