



Gain Momentum ^{Ltd}

Health and fitness. Many methods. One goal.

December 2014

*Don't put off until tomorrow
what you can do today*

Benjamin Franklin

Linda says...

Hello to new and current Gain Momentum members. We can't quite believe Christmas is nearly on us and I'm sure, like most of you, we are all looking forward to spending some relaxing time with our friends and family over the Christmas period.

We love seeing the positive changes some of you are experiencing. From increased strength to smaller waists, longer bodies and calmer minds, so many of you are looking amazing and we love helping you along that journey.

What's on

Christmas Party

All invited!

Friday 20 December from 7.00pm at the studio. Dress up, wear your dancing shoes and join in the festive celebrations!

Studio closed

21 December to 5 January (inclusive)

Reduced January timetable
(see details over the page)



Gain Momentum ^{Ltd}

From the Gain Momentum Team to all of our members,
we wish you safe and happy holidays.

New clothing range

A top quality clothing range will be launched February 2014 and will include:

- 3 tops
- 1 pair of leggings

The tops will be different styles to suit different body shapes and preferences.



Membership changes

Effective from
6 January 2014

- Casual rate \$10
- Concession card \$90 (x10 classes)
- Weekly automatic payment \$25 (unlimited classes)
- School term pass \$185 (unlimited classes)

Membership terms and conditions

Concession card is valid for 3 months from date of issue. No part payments
Weekly automatic payments require 3 months of unbroken payments
School term pass no discounts, no part payments

Gift ideas



- Pilates mats \$25
- Pilates balls \$15
- Relaxation CDs \$25
- Grip socks \$10
- Vouchers - any denomination

See any of the instructors if you would like to purchase these items.

EFTPoS available

January 2014 timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30am							
9.00am						Pilates	Yoga
10.00am							
11.00am		Pilates			Pilates		
Noon	Pilates		Pilates	Pilates			
12.30am							
1.00pm							
2.00pm							
3.30pm							
4.30pm							
5.30pm							
6.30pm	Pilates	Pilates	Pilates	Pilates			
7.30pm							



W: www.gainmomentum.co.nz
E: Linda@gainmomentum.co.nz
Ph: (06) 379 9073 M: 0212 974 801
A: 124 High St North, Carterton 5713



Gain Momentum