



Just Class Fitness

Group Fitness For Every Body

May 2013



Welcome to

Just Class Fitness

My name is Maggie, I am the owner of the club, and I would like to take you on a journey to better health and fitness.

I love group fitness classes, going to the gym bores me and I have no motivation to work out. I like to work out in groups, with a lunatic at the front encouraging me to go past my comfort zone and work up a sweat, and I know I'm not the only one. So I started this club, which only has classes. No Gym Equipment bumping up your membership fee, and no bugging you to pay extra for personal training, ever.

It is my firm belief that if you take part in a wide variety of classes, and work to your best effort, you don't need personal training, and if your group instructor is giving each participant the attention they need, you will work to your best effort, every time.

My vision of the Club is that every person who joins up knows that their opinions count, if you would like to see a certain class at a certain time, and then I will do my best to see it happen. As the Club grows, so will the timetable. My first aim is to get Group Cycle (spinning) on the timetable, following on from that, I hope we will see some novelty classes such as Hula Hooping and different instructors coming in. I foresee that everyone will begin to know each other, and it becomes a place to meet friends and in the future, I would like to organise social occasions because a healthy lifestyle is not just about being fit!

I don't want anyone to feel that I am only interested in getting their money, and then not be bothered about them, those that join now will always be foundation members, and will always get the best value and preferential treatment (as well as an unbeatable opening offer).

I want to welcome everyone to Just Class Fitness, enjoy the rest of this, the first JCF newsletter, and please take the time to pass on your feedback on how you would like the timetable to progress as we head towards June.

Maggie

Opening Offer

\$300 for 12 months full membership.

This offer will only be available for a limited time, and will not be repeated. However, if you take me up on this offer, you become a foundation member, and your renewal will always be the best deal, with discounts on the full membership price at the time. This makes joining now, not only the best value now, but in the future as well.

Alternatively, you can purchase 30 days for \$30. This offer will only be available in May, after this, monthly will be \$35.

www.facebook.com/justclassfitness

Become a friend of Just Class Fitness, and see class shots, latest news and timetables and any special offers.

If you're a member, you'll be able to book into classes via messages, write comments on how your fitness is going, tell the world how much you love the aches and pains that you're getting on your fitness journey.

200 Main South Road

Morphett Vale SA5162

0402856168

justclassfitness@gmail.com



Just Class Fitness

Group Fitness For Every Body

May 2013

Group Fitness Feed Back

What Class would you like available and when?

Fill this section in and hand back to reception, and we will alter the timetable, so that it best reflects what you, the members, want to see.

Time	Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15am								
9.30am								
5.15pm								
6.00pm								
7.00pm								
Your preferred time								

Write in your preferred class, in your preferred timeslot, if you have another time in mind; add it to the bottom line on the preferred day. You can add class formats that are already on the timetable, or a different format if you wish, but be aware I CANNOT add any "Les Mills" "body" format classes as they require additional licences, but I CAN add freestyle versions of all they do.

When completed, hand back to reception, we will collate the results, and change the timetable to one that the majority of replies want. I am aiming to change the timetable for the start to middle of June, so get you replies in fast if you want the classes YOU want, when YOU want them.

Health, Fitness and Nutrition

Each month, I will have at least one news article about health, fitness or nutrition. Passing along information to keep you up to date with the latest information, clearing up misconceptions and just giving you the best knowledge to make informed decisions about what you eat, how you should be feeling and how much you should be doing. If you have a question relating to any of these subjects, let me know (phone/email/facebook) and I'll look into it and put the information on here.



200 Main South Road

0402856168

Morphett Vale SA5162

justclassfitness@gmail.com