



Positive Living e-newsletter

April 2011



Happy Easter!

[Click here for our Easter timetable](#)

## Easter/Anzac Day Trading Hours

The Forum will be running classes over the Easter period but with some slight changes in class times.

[Click here for our Easter class times](#)



## New timetable commences 2 May 2011

**You asked for it and The Forum has listened! We have completed refurbishments, introduced more classes and more variety.**

The Forum University has undergone some improvements to reveal a key mind and body studio. Before your body balance class starts, the studio allows you to grab a mat, centre yourself, and prepare yourself for your body balance journey.

**More classes**

We have introduced a new Body Balance class on Wednesday at 6:30pm. So come along and join instructor Kate and bring your body into a state of harmony and balance.

Another Body Pump classes has been added to Tuesdays at 6:30pm! Tony will have you burning up those excess calories with this 55 minute, all over body conditioning, class.

Aqua Zumba has joined The Forum. At 10am Fridays, come along and join Aleisha for a pool party focussing on endurance, muscle strength, cardiovascular endurance, and muscle flexibility.

Don't worry - The Forum Harbourside hasn't missed out on all the activity! Abs & Amrs happens on Tuesdays at 5:15pm with Katie. This 25 minute intense workout starts at your stomach and concentrates on upper strength.

Then there's a Fitbox class with Tony and Jamie which is guaranteed to get your heart rate pumping! If that's not enough, why not start your day with a 6:30am Thursday Body Attack class leaving you with all the energy you need to make it through the day.

There have been some class movements:

- RPM moves to 5:30pm Wednesdays with Shane
- Body Pump moves to 7:15am Thursdays, with Katie
- Step moves to 5:15pm Thursdays with Kathryn
- Body Pump moves to 6pm Thursdays with Helen

[Click here for our new Harbourside timetable](#)

[Click here for our new University timetable](#)



## A new and exciting opportunity for Forum members



**Learn how to uncover what has been holding you back from achieving a great body and a life full of energy and vitality.**

If you are sick and tired of putting in the effort and not seeing results, feel like you have no time for yourself, use food to deal with emotions, or just don't feel like you're living life to the fullest, then now is the time to change!

Lisa Mills has worked in the fitness industry for more than 15 years and has also studied human behaviour. She realised that teaching people how to eat and exercise wasn't enough for them to achieve their fitness goals. Lisa believes it's not just about what you DO, but more importantly who you ARE and how you THINK that makes the difference to achieving health and well-being goals.

Be the Bee is Lisa's website where you can find out more about Lisa's coaching and how to take control of your life. Lisa is also offering a FREE 20 minute exploratory session.

[Visit Lisa's website](#) or contact her on 0403 166 587 for more information.



## Swim Academy– Enrol now for Term 2

**Term 2 commences on 27 April 2011 with more options to choose from.**

The Forum's Swim Academy will have lessons available six mornings per week with new classes now available on Tuesdays and Thursdays.

Come in for a free assessment on Saturdays at 11:30am or Wednesdays at 5:30pm (please note, no intensives on Easter Saturday)

[Click here for information on our Activities for Kids and Swim Academy](#)



## Lifestyle Courses

**The Forum has some fantastic events coming up through our Lifestyle Courses!**

On 17 April, why not join us for a trip to the Lower Hunter Vineyards! Or choose one or both of our trips in May, beginning on 15 May visiting historic Morpeth or venture out to the Barrington Tops on 29 May.

When the fun trips are over, register for our Run for Fun short course starting on 6 July and be fit and ready for this year's City to Surf run in Sydney!

[Click here for more about our Short Courses and Lifestyle Courses.](#)



## Chicks with Sticks

**Girls, it's time to swap your lipstick for your golf sticks for a fun networking event!**

Help support the Westpac Rescue Helicopter Service and come along to our networking golf day at Merewether Golf Course on Friday 13 May.

The day starts at 9:30am with tee-off at 11:30am. The cost is \$74 per player and reservations for golf carts must be made separately.

For more information contact Michelle Faithfull at Forsythes Recruitment at [mfaithfull@forsythes.com.au](mailto:mfaithfull@forsythes.com.au)

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<http://www.forsythesrecruitment.com.au/ChickswithSticks>

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