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**Seasons Greetings!**

Welcome to our 2<sup>nd</sup> edition of SOL life's monthly newsletter. Please note our Opening Hours over the Christmas holidays. The Directors, Management and Staff of SOL life would like to take this opportunity to wish you and your families a safe and Happy Christmas and New Year!



Graham Hush, General Manager Operations.



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Wednesday 24<sup>th</sup> 6am-7pm  
 Thursday 25<sup>th</sup> CLOSED  
 Friday 26<sup>th</sup> CLOSED

**Christmas Opening Hours**

Saturday 27<sup>th</sup> 8am-5pm  
 Sunday 28<sup>th</sup> 9am-2pm  
 Monday 29<sup>th</sup> 6am-7pm

Tuesday 30<sup>th</sup> 6am-7pm  
 Wednesday 31<sup>st</sup> 6am-7pm  
 Thursday 1<sup>st</sup> Jan 09 CLOSED

**Friday 2<sup>nd</sup> Jan 09 Normal Hours Resume**

**PHYSIO CORNER**

Many people are unaware of the variety of services a physiotherapist can provide. To inform our members on how it can assist you, here is a tidbit of information.

Physios help rehabilitate people after injury, whether chronic or acute. For instance, we can help you if you've had long-standing back or neck pain, or have sustained an injury whilst running on the treadmill or doing weights. Physios help with musculoskeletal problems such as spinal injuries, joint and muscle issues, core strengthening, in addition to chest physio, balance issues and women's health.

Services at SOL life physiotherapy include joint mobilization, soft tissue therapy (deep tissue massage, trigger point therapy, etc), acupuncture, pilates/core stability, postural correction, taping and much more. Please feel free to stop by or call the gym if you have any questions regarding physiotherapy and if it can benefit you. For bookings, please come to the front desk or call us on 9258-4800.

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**CRECHE NEWS:**

+ Creche is available during the school holidays for school age kids – same cost as toddlers and babies.

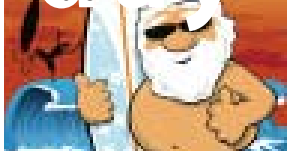
+ Daytime Creche will now operate from 8.15am - 12.15pm Monday to Friday & 8.00am - 12.00pm Saturday.

+ Evening Creche will be closed as of Monday 15th December 2008.

*Sheryl and the creche staff wish you Happy Holidays and look forward to seeing you back in 2009.*

If you over indulge this Festive Season !.....

..... our discounted fortnightly direct debit membership is only \$29.50 for 12 months. This works out to less than \$2<sup>1</sup>/<sub>2</sub> a day for 12 months.




**FREE...**  
 massage voucher with every indulgent package purchased during December.  
 Treat yourself this Christmas and someone else at the same time!  
 Purchase an indulgent package during December and receive a complimentary 30 minute aromatic back massage voucher (valued at \$50) **BOOK NOW! 9258 4811**

XMAS fitness	Wed 24th	Thurs 25th	Fri 26th	Sat 27th	Sun 28th	Mon 29th	Tues 30th	Wed 31st	Thur 1st Jan
6.05am	Body Pump					Cycle	Boxercise	Body Pump	
8.30am		C	C	Body Pump					C
9.30am	Body Pump	L	L	Body Step		Body Step	Body Attack	Body Pump	L
9.30am		O	O	RPM Cycle					O
10.30am	Cycle	S	S	Body Balance	Body Balance	Yoga	Body Pump	Cycle	S
10.30am	Body Balance	E	E	Aqua Fitness			Cycle	Body Balance	E
10.30am		D	D				Aqua Fitness		D
5.30pm						Fit Ball	Body Pump		

**REMEMBER !!**

+ to arrive on time to classes to give yourself time to warm up and receive information about the class.

+ last KIDfit class for 2008 Wednesday 10th Dec, please check Reception for start up date in 2009.

+ new timetable available at Reception.