

The Green Apple Team wish you and your family a wonderful festive season. Hopefully one full of happy family time, moderation from excesses and inclusive of some fun physical activity!

We hope to see you during the Christmas/New Year time below:

## Christmas Gift for Just \$99

All beautifully wrapped with a monogrammed towel valued at \$30

Choose from:

1. A Remedial Massage with Margy plus a Personal Training Session
2. A Trial Membership for one month with full service



Date	Opening Hours	<ul style="list-style-type: none"> <li>• <b>Group Classes as shown</b></li> <li>• <i>Wellness class participants may attend at any time unsupervised over the Christmas/New Year using their clipcard</i></li> </ul>
Mon Dec 24	6.00am—3.00pm	6.00am <b>Aqua</b> (Charlotte) 45 minutes 9.00am <b>Aqua</b> (Charlotte) 45 minutes 10.00am <b>Circuit</b> (Charlotte) 30 minutes 10.30am <b>Thighs, Buns &amp; Tums</b> (Charlotte) 30 minutes 11.00am <b>Stretch</b> (Charlotte) 45 minutes
Tues Dec 25	<b>CLOSED</b>	<b>Christmas Day—Public Holiday</b>
Wed Dec 26	<b>CLOSED</b>	<b>Boxing Day—Public Holiday</b>
Thur Dec 27	6:00am— 10:00am	6:00am <b>Thighs, Buns &amp; Tums</b> (Barbara) 30 minutes 6.30am <b>Power 1/2 hour</b> (Barbara) 30 minutes 9.00am <b>Kai Bo</b> (Barbara) 30 minutes 9.30am <b>Pilates</b> (Barbara) 30 minutes
	3:00pm—7:00pm	5:00pm <b>Aqua</b> (Charlotte) 45 minutes
Fri Dec 28	6:00am—10:00am	6:00am <b>Aqua</b> (Charlotte) 45 minutes 9.00am <b>Aqua</b> (Charlotte) 45 minutes
	3:00pm—7:00pm	5:00pm <b>Aqua</b> (Charlotte) 45 minutes
Sat Dec 29	7.00am—12.00pm	8.00am <b>FOREVER ACTIVE</b> (Charlotte) 30 minutes 9.00am <b>Aqua</b> (Charlotte) 45 minutes 10:00am <b>Pilates</b> (Charlotte) 45 minutes
Sun Dec 30	3.30pm—6.00pm	
Mon Dec 31	6.00am—3.00pm	6.00am <b>Aqua</b> (Charlotte) 45 minutes 9.00am <b>Aqua</b> (Charlotte) 45 minutes 10.00am <b>Circuit</b> (Charlotte) 30 minutes 10.30am <b>Thighs, Buns &amp; Tums</b> (Charlotte) 30 minutes 11.00am <b>Stretch</b> (Charlotte) 45 minutes
Tues Jan 1	<b>CLOSED</b>	<b>New Years Day—Public Holiday</b>
Wed Jan 2	Return to normal schedule	Classes as normal

## Christmas Bonus Earn \$30

Attend 20 times between December 11 and Australia Day January 26 and you will receive a \$30 voucher to spend towards any Green Apple service

