

CITY GYM



ADELAIDE



BENCH PRESS

XMAS 2011

NEWSLETTER

CITY GYM



ADELAIDE



City Gym Trading

Christmas hrs 2011

- Saturday Dec 24 = Closed
- Sunday Dec 25 = Closed
- Monday Dec 26 = Closed
- Tuesday Dec 27 = Closed
- Wednesday Dec 28 = 12pm—8pm
- Thursday Dec 29 = 12pm—8pm
- Friday Dec 30 = 12pm—8pm
- Saturday Dec 31 = Closed
- Sunday Jan 1st = Closed
- Monday Jan 2nd = Closed
- Tuesday Jan 3rd = 12pm—8pm
- Wednesday Jan 4 = 12pm—8pm
- Thursday Jan 5 = 12pm—8pm
- Friday Jan 6 = 12pm—8pm
- Saturday Jan 7 = Closed
- Sunday Jan 8 = Closed
- Monday Jan 9 = BAU

Business as usual from Jan 9

***NOTE: There will be NO CLASSES**

During the Xmas trading hours,



Going's On at City gm

It's been another BIG year for City Gym for it's staff and crew with lot's of new faces and the loss of some old ones. We welcomed Back Max Zobel from his Overseas adventures, We lost Tabs who moved on to work in RAH security team and is doing well for herself in her new role. We welcomed Abbie Coburn who has taken over the role of Class instructor for BoxFit every Mon & Fri evening if you haven't tried this very popular class you don't know what your missing. As every year City Gym was well represented at this years INBA, WNBF, NABBA comps both here and Nationally with Medals brought home by Staff member Deb Dunkley, Client Bec Morrison, Beverley Omoboni & Amy Dickenson (pic below). Terry Baboa and His team also brought home Gold and Silver medals in the 2011 Ju Jitsu SA championships as well as the San Shou Firestorm 5 held back in June this year. For all their hard work and commitment to City Gym the boys have been rewarded with new acromat mats and a newly renovated classroom. City Gym remains committed to upgrading the facility well into the new year so be patient with us during these times and keep an eye out for the changes around the place over the coming months.



City Gym IRON MAIDENS Bec, Amy, Deb & Beverly



City gym food supplied by:

Miss Cook

Call Samantha
0439 320 464

www.misscook.com.au



Now Available. New Fizz Formula



MASTERS GAMES 2011

Congratulations to City Gym client Shayne Haggis who took out the GOLD Medal for the Light heavy weight boxing title fight at the recent Australian Masters Games held in Adelaide.



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CITY GYM GIFT VOUCHER

Why not fill some one's Xmas hamper with a city gym gift voucher or product from our great supplement range. We can print out a voucher for almost anything including memberships see Josh for more details!

"NOT THE" ADELAIDE SLEAZE BALL

SAT NOVEMBER 12th
@ LIVE ON LIGHT SQUARE
10pm—LATE

Limited 300 capacity Tix on the door \$30
Get in quick "For all the lovers of SLEAZE"



2011 feast pride march

Come join the **City Gym Crew** at the 2011 Pride March Saturday Nov 12. Assemble at Victoria Sq at 5.30pm for a 6.30 Start. Then Party on down at Live on Light square for "Not the" Sleaze ball! Get your sleaze on for lovers of all things nawty!

City Gym Staff and Crew would like to thank all of it's clients for their commitment in 2011 we wish you all a very happy Christmas and fulfilling New year, Train Hard, Play safe see you in 2012

