



FUNKSHIRLNAL FITNESS

NEWSLETTER FEBRUARY 2018

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Summer is here and in full swing. We have been taking full advantage of the warmer weather in our family with lots of trips out to the river. With a Teenager and a Tween to entertain sometimes it is hard to find an activity that keeps everyone happy. Best part is it is free, and everyone is talking and spending quality time together as a family. I'm guilty of being attached to my screen too much at times and not being present and really listening to what my girls are talking to me about. Not having mobile reception at the river is a blessing in disguise really. Currently feel like I'm winning with the parenting thing.

FUNKSHIRLNAL FITNESS WEBSITE:

Our website is up and running. www.funkshirlnal.com.au David from Flat Gecko Designs is amazing!!!! He has done an amazing job. Thank you ☺

You can:

- ✓ Book classes;
- ✓ Personal Training sessions;
- ✓ Keep connected with our "real time" updates from our Social Media Platforms
- ✓ Find out about upcoming events.
- ✓ If you would like to send in any feedback regarding the studio, please send me an email via the website.

FUNKSHIRLNAL FITNESS GRAND OPENING:

The new Funkshirlnal Fitness Studio was officially opened Saturday 18th November. The rain didn't stop us from enjoying all of the events that were running on the day. I would like to take this opportunity to thank all of those who supported, helped, volunteered their time and helped make the day happen. In particular Dr Spiro Pazios and his team at Embrace Orthodontists, Brian Henshaw and the team at Woolworths Kippax, Todd and Natalie Malcolmson from Kick Ass Kustom, Oscar's Café UC, Double K Café and Restaurant UC, Brooke Crisp (Arbonne) for their donations for the Gift bags.

From the bottom of my heart I would like to "Thank" my friends and family and everyone who has supported and volunteered their time and helped me. Without you my dream would never have happened.

SUMMER GROUP FITNESS TIMETABLE:

I am excited to announce that the Amazing Zumba Queen Kate is joining the Funkshirlnal Fitness Team in 2018. Kate will be your Zumba Instructor 7.00pm Monday Nights.

The Summer Group Fitness Timetable was launched Monday 8th January 2018. We have added 3 classes to the timetable:

- Monday 7.00pm Zumba Fitness with Kate
- Tuesday 6am TBCC 30 min Express Class
- Thursday 6am TBCC 30 min Express Class

Wednesday 6pm is now STRONG by Zumba

SALSATION® INSTRUCTOR TRAINING/MASTERCLASS/WORKSHOP

February is going to be SALSATIONAL®. Funkshirlnal Fitness is hosting 3 amazing SALSATION® events at the studio. We are lucky to have 4 International Presenters coming to the studio. Kamila Wierzyńska SMT from Poland, Enrique Salomao SMT from Brazil, Yoandro Ulloa SET from Cuba and Eka Yahya SEI from Malaysia. The events are open to everyone. You don't need to be a dancer or Instructor to come along.

- SALSATION® Masterclass 23rd February 7.00pm \$25 at the door \$15 (if you attend the Workshop and Masterclass)
- SALSATION® Workshop 24th February 2018
- SALSATION® Instructor Training 24th/25th February 2018

SUSPENSION CLASSES:

The wall mounts have finally arrived!!!! I am waiting to confirm an installation date with the builders. Fingers crossed classes will start in the coming weeks.

Did you know Suspension Training is a series of bodyweight exercise's that develops strength, balance, flexibility and core stability simultaneously?

Please check our website regularly for updates

SALSATION® INSTRUCTOR TRAINING	
24-25.02	DAY 1: 13:30-19:30 DAY 2: 10:00-18:00
REGISTRATION: WWW.SALSATIONFITNESS.COM	
SALSATION® WORKSHOP	
24.02	10:00-13:00
REGISTRATION: WWW.SALSATIONFITNESS.COM	
SALSATION® MASTERCLASS	
23.02	19:00-20:30 COST: \$25 (\$15 people attended WS)

www.salsationfitness.com
funkshirlnal@gmail.com | kami@salsationfitness.com

Funkshirlnal Fitness
17 Walder Street, 2617.
Belconnen, Canberra ACT

To register for the SALSATION® Instructor Training and Workshop
www.salsationfitness.com.



CUPID'S UNDIE RUN

On Valentines day weekend, Sunday the 18th of February 2018, put the hilarity in charity with other half-naked or fancy dressed runners taking to the streets for the Children's Tumour Foundation.

Southern Cross Yacht Club at 10am

\$60 includes:

Bonds Undies and Tshirt (for the first 2000 registrations nationally)
Cupid's Undie Run Temporary Tattoo
Pre and Post Run Entertainment and Music
Raffles, Prizes, Games and More

More info at **www.cupidsundierun.com.au**

ZUMBA KIDS TERM 1 2018

ENROLMENTS OPEN NOW!!

Zumba Kids at **Funkshirlnal Fitness** recommences **Monday 12th February**. There are two sessions at the studio.

**** Zumba Kids JNR – Ages 4-7 4.00 – 4.00 – 4.40pm**

**** Zumba Kids – Ages 8-12 – 4.50pm – 5.30pm**

Fees for Term 1 \$70.00 (7 weeks due to a number of Public Holidays)

Zumba Kids at Florey Primary School recommences Friday 9th February 2018. These classes are open to students from Florey Primary School only.

Fees for Term 1 \$90.00 (9 weeks due to Good Friday)

Please contact Shirley to secure your spot.