

Sporty Joe's

"FITNESS FOR ALL"

Newsletter

Volume 1/2009 (February 13, 2009)

Gong Xi Fa Cai!

The Sporty Joe's Team wishes all members and friends a Prosperous Lunar Year of the Ox.



To celebrate the start of the festive season, and to thank all members for your continuing support, we have handed out Hong Bao (red packets) of chocolate (gold) coins to our members. Two of the Hong Bao contained Sporty Joe's gym vouchers worth \$350.00 each.

Congratulations to Isabel Lim and Kenzie Clews for picking the lucky Hong Baos.



Chingay Parade 2009...

24 of our gymnasts participated in this year's Chingay Parade. They were part of the contingent from Dance Circle Studio, which accompanied the first Presidential float. Log onto <http://youtube.com/watch?v=9ZstZwpY73s> to see our girls perform.



All dressed for the Parade!

Upcoming Events...

- March 7th & 8th – Prime Gymnastics Competition
- May 1st to 3rd – SACAC 17th Annual GymFest
- May 24th – Sporty Joe's 3rd Annual GymFest
- Term Break – March 15th to 22nd 2009 (Our Centre will be closed during this period.)

Adult Yogilates & Boxercise

Shake off the lethargy and excess weight gained over the festive seasons. For the months of March and April, we invite members' parents to come for a free trial on either or both the adult Yogilates and Boxercise classes. Please contact Jennifer at tel. no. 6468 1103, or email admin@sportyjoe.com to book for a free trial session.



Adult Boxercise



Adult Yogilates

Gym Classes In Action:



Kids Dynamo



Recreational

Coaches Corner:

- To allow coaches and gymnasts space to exercise and to avoid disruptions during classes, we request that parents, care-givers and siblings to wait in the canopied area, located beside our gym, or the designated waiting areas in the gym. **Please do not follow the gymnasts while they are in sessions!**
- Gymnasts in the Recreational Level will be invited to participate in our upcoming GymFest in May. This annual event will help us evaluate their skills and also our coaching programme, to help us improve our training methods. More information on the event will be out in March.

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