

Creche Christmas Party

Why should the adults have all the fun?

Creche Christmas Party Sat 19th Dec
12noon - 2pm.

Bring the kids along for some party food and Christmas celebrations.
You may bring a small gift for your child no more than \$10 value which will be handed out on the Day. Please label your gift.
RSVP the crèche by 14th Dec

Group Fitness Classes

Thank you to those who supported the different classes on Saturday 31st Oct. It was a great success.

Due to low numbers in Hip Hop we have had to unfortunately cancel the class effective immediately. Thank you to Josh and those who supported the class. We hope we may be able to re-introduce it sometime in the future.

Thank you
Phillipa
Group Class Coordinator



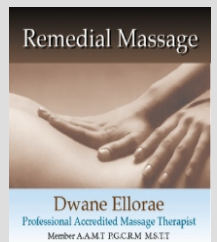
In addition to their recent achievements, Mel also won The INBA Ms Olympia gold medal, and placed Third in the mixed pairs with husband Warwick. If you get a chance, look them up on the NBN website to see their TV interview.

1st Place - INBA Natural Olympia Open Women's Bodybuilding (Class 1) Champion.
No.1 in the World

3rd Place - INBA Natural Olympia Mixed Pairs (competed with Warwick)
No.3 in the World



Central Physiotherapy
Terrigal ph: 02 43844668



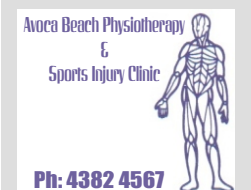
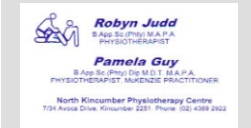
Ph: 4369 5409



Ph: 0414 904 482



Erina Ph: 4367 4711



Ph: 4382 4567



Congratulations Kel

We would like to congratulate Kel who has achieved over 1000 visits to the gym since November 2008. Kel sometimes attends the gym twice a day, and has attended at least 300 times more than the second highest attendee. This is an extraordinary achievement and we would like to thank Kel for his tremendous support of the gym.

For his achievements the gym presented Kel with a trophy, and certificate to commemorate this fantastic legacy.

We would also like to acknowledge that there are likely members from our previous facility that may have also achieved 1000 visits, however Kel is the first person to achieve 1000 visits since we have Been able to monitor visits in the new facility.



Belinda, Kel & Leesa

WILLS BROTHERS



Adam

Stevie

Adam & Stevie Wills are sponsored and train at Kincumber Gym, with Stevie being trained by John.

Stevie is undefeated as a professional and currently holds the:

WBO Asia Pacific Junior Welterweight Title.

Stevie will be fighting on the under card of the Danny Green/Roy Jones Jr bout at the Acer Area on the 2nd December 2009.

Stevie will be fighting for the IBO Lightweight title against American Derek Gainer, three times world champion.

This is a big opportunity for Stevie and we at Kincumber Gym want to wish Stevie all the best.

Words of Wisdom

"It is exercise alone that supports the spirits, and keeps the mind in vigor." -Marcus Tullius Cicero