



FIT FOR ALL THE FAMILY

We've been busy getting out there sourcing feedback from our members to make sure we are on track with the services, programs and facilities that we provide.

One thing that became very clear was not as many members know about our vast array of membership options as we thought.

So here are just some of the memberships and programs we currently offer that may suit other members of your family.

**Fountain of Youth (Seniors) From \$13/wk
Fitness Only Membership: From \$16/wk
Family Addition: From \$15/wk**

Membership entitlements may vary from club to club based on the services and facilities available.



A big thank you to everyone who supported our Breast Cancer Foundation fundraisers during October.

All proceeds will go towards breast cancer research and supporting the family of sufferers.



Congratulations! Our major prize of a Cypress Lakes midweek break was won by Vanessa Lynch from the Park St club.

LOW FAT CHOCOLATE MOUSSE

INGREDIENTS

- 2 teaspoons gelatine
- 2 tablespoons hot water
- 1.5 cups (420g) low-fat vanilla yogurt
- 75g dark chocolate, melted
- 1/3 cup (35g) cocoa, sifted
- 2 eggwhites
- 1/3 cup (75g) caster sugar
- mixed berries, to serve (optional)

METHOD

Combine gelatine with hot water in a small jug and stir until dissolved.

Whisk 1 cup of yogurt into the melted chocolate until combined.

Whisk in remaining yogurt and cocoa.

Whisk gelatine into chocolate mixture.

Using an electric mixer, beat egg whites until soft peaks form.

Gradually add sugar, 1 tablespoon at a time, beating until thick and glossy.

Gently fold into chocolate mixture until combined.

Divide between six serving glasses or bowls.

Cover and chill for 2 hours, until set.

Top with berries, if using, to serve.

Tip: you can cut down on fat in desserts by using low-fat flavoured yogurt instead of cream, ice-cream or custard. Yogurt is also great for adding moisture to cakes and muffins instead of butter.

NOW IS THE BEST TIME TO SHAPE UP FOR SUMMER.....

If you feel good about your exercise activity, but can't shift that extra weight you put on over winter fast enough, then it's time to adopt a sensible approach to dieting and learn to eat well and correctly for your body's needs.

Knowing what foods to eat at the right times enables your body to respond at it's best. In other words, you can eat all day and still lose weight. Many of us over consume fruits and carbohydrates which in turn convert into sugars. Most people need to reduce their sugar intake and/or exercise more to burn these sugars off. Otherwise the sugars will store as fat. By introducing more protein based foods, you will actually see great results.

Learn how to nourish your body well, and clean your digestive system ready for summer and the festive season, by contacting our in-house nutritionist Fay Fain. Make an appointment by contacting Fay on:

0418 648 028 or ask at reception.

Get your Spring Cleanse special voucher exclusive to Elix'r members.

½ price on your Spring Cleanse 30min consultation. Book before 30th November to receive the discount. Now only \$50.00.

Some medical fund refunds apply.

GET RESULTS FASTER

There's no better way to stay on track with your training and get into shapen faster, than with your very own personal trainer. We take pleasure in introducing our team of trainers:



Adam Vine-Hall
Park Street: 0418 858 987



Karina Gavranic
Wentworth: 0413 025 945



Patricia Pebbles
Bondi Junction: 0448 335 530



Will Jenkins
Bondi Junction: 0408 296 698
(Trainer and PT coordinator)

If you have any questions relating to Personal Training, please contact William Jenkins, our Personal Training Coordinator directly on: pt@elixr.com.au

BEGINNERS COURSES this month:

- Pilates: 10th and 24th November
- Yoga: 17th November

Cost: \$80.00pp and Free for Gold Members

- RFK: Real Fitness Kickboxing 17th November (Free for members)

Bookings: education@elixr.com.au

