

# Contours Engadine Newsletter

January-February 2012



New Year  
New Lifestyle

**Imagine what you could do with a new body and \$100,000.00\***

Enter your details below if you would like to be contacted with more information.



\*Terms and conditions apply. All new members joining between 1 January and 31 February 2012 will go in the draw. 1 person will be chosen to win \$100,000.00. Winner will be selected from a pool of 10 winners. Grand prize will have a 1 in 100 chance of winning the major prize. Grand prize will be awarded on 15 February 2012 at 11:00 in the afternoon at 600,000.00. 1800 Phone Number 177 641 1111

**Check out our new member promotion – Could this be your friend or family member?**  
**Only at 4 Studios-Great odds!**

## **Happy New Year!**

Have you set your goals for 2012? Book your re-focus snapshot and goal session now and let's get this year off to a great start!

## **6 week Challenge**

The next challenge starts on the 20<sup>th</sup> February with some great prizes to be won. If you have a friend who is not a member & wants to do the challenge then you will get to do the challenge **FREE!!** If your friend joins on our Lifestyle program they will also get the chance to win \$100 000.

**REGISTRATIONS OPEN 1<sup>st</sup> FEB!**

## **Friends FREE Friday**

Bring a friend for Free – If they like it and join – you get a month FREE and they get the chance to **win \$100,000.00!!!**

## **Intimo Bra Fitting**

You wouldn't imagine going running in your stilettos, nor would you play hockey without shin pads or ride a bike without a helmet. So why do so many women exercise without the proper support of a sports bra?

We are having a Bra Fitting Day at the studio on Thursday 16<sup>th</sup> February by a qualified bra specialist so make sure you put your name down & find out what size you REALLY are.



## **5% DISCOUNT FOR MEMBERS**

Martin at IGA Woronora Heights is currently offering 5% off for Contours Engadine members. All you have to do is show your Contours tag when purchasing. They have some great fresh produce and also do some great healthy platters. So pop in today for some great savings.

## *Special events coming up:*

- **Classes start back week of Monday 9<sup>th</sup> January**
- **Intimo Bra Fitting Day 16<sup>th</sup> February**
- **6 week challenge starts 20<sup>th</sup> February**



Check Face book & [www.contoursengadine.com](http://www.contoursengadine.com)

for motivation session details

**Yoga Class**  
**3pm Saturdays**  
**Unwind after your busy week**

**Boxing Class**  
**7.30pm Mondays**  
**Kick start the week**