

# NAMBOUR/COOROY NEWSLETTER

September 2019



## ***Our Favourite Classes!***

Variety is the key to staying with a workout and breaking through plateaus. Our instructors are expertly trained to mix new moves and new music so classes are fresh and different for every workout you do!

We have broken down a few of our favourite classes to help you discover a new workout.

**Dance Mixx:** Torch Fat, sculpt lean muscle and crush calories with high intensity workout that mixes dance -based cardio with strength training. Fresh pulse-pounding music and body -blasting moves bring the intensity to transform your body, boost your mood and ignite your energy.

**Strength 30,45,60:** One of the best toning classes!!! Sculpt lean muscle through weight and resistance training for a tight, toned physique, it-hurts-and-its-worth-it strength training. The class will transform YOU!

**Interval:** Our interval classes unleash the heart pumping, fat burning power of high intensive interval training (Hitt). Its maximum intensity from start to finish- there's not rest in these intervals.

**Strike:** A kick butt cardio kickboxing class with muscle blast. Go for max impact with total body workout that includes strength training.

Welcome to Spring!

September brings another busy month of fun and exciting classes.

Don't forget this Sunday is our Jazzy Boot Camp class- 3 hours of sweat, cardio and strength. This will be followed by BBQ cost \$10.00. Behind in your challenge this is the class for you!!

Every year Lorna Jane promotes National Active Day. This year it will be held on the 29<sup>th</sup> September.

**DID YOU KNOW:** that 50% of Australians do no Exercise and 1 in 6 Australians are currently experiencing Depression or Anxiety or both. AND Australians spend 1 entire day on their phone every week.

Mark Your Calendar: Pinktober, Dance for Cancer month. Date Saturday October-19<sup>th</sup> 6.00-7.30pm.

Have a great month.

***Customers of the Month  
Alyssa Martin!!!  
&  
Glen Beard  
A Big Congratulations to these  
Wonderful Achievers!!!***

**Jazzercise Sunshine Coast Fitness**

Leanne Paix 0409 629 911

P O Box 5100 SCMC Burnside QLD 4560 Email: [gelpaix1@bigpond.com](mailto:gelpaix1@bigpond.com)

Web: [www.jazzercise.com.au](http://www.jazzercise.com.au)



## What You Want from Your Weekly Workout Sessions!!!!

Do you want to lose weight, tone up, fast track your workout or just look great? There's no doubt a balanced workout regimen comprising cardio exercise, resistance training and flexibility is key to ensuring your body is worked evenly, but how much or how little of these types of exercise you do each week depends very much on what you want to get out of your workout sessions.

**Goal #1: Lose weight:** the best way to lose weight is through a combination of cardio and strength training sessions.

**Goal #2: Tone up:** If you're a regular at your workout and in pursuit of a tight, toned body, there are two aspects of your training. The first is looking to improve the tone in the muscle mass," The second is making sure that you're losing fat mass as well

**Goal #3: Improve general fitness:** Options abound if your aim is to improve your general fitness. To improve general cardiovascular fitness and maintain body weight, a varied mixture of cardiovascular activities including high intensity interval training.

**Goal #4: Maximise your time:** Time-poor seeking to make the most of short sessions need not miss out on the benefits of regular exercise. In fact, you'll notice the benefits of just 30 minutes a day of moderate-intensity exercise. A strength-training, high-intensity circuit is one of the best ways to make the most of a short workout.

## Morning Workouts- The Benefits!

If you have a 9 to 5 job – count yourself lucky. Most of us clock in before 8.30 and don't step outside the office until well after 6. With almost 10 hours of work each day from Monday to Friday, how does anyone fit exercise into their week?

It's possible. The trick is to make moving every day one of your top priorities.

### Morning Workouts

Waking up before dawn is not everyone's cup of tea. But it's worth the effort, even if you only manage one 5.30am wake-up call a week. A pre-work workout will energise you for the day, help you sleep better at night, and free up your evening so you can spend more time with your friends and family. Before you hit that snooze button, know that studies have also shown you burn more kilojoules throughout the day when you do a morning workout, than you would if you did an evening workout at a similar intensity.

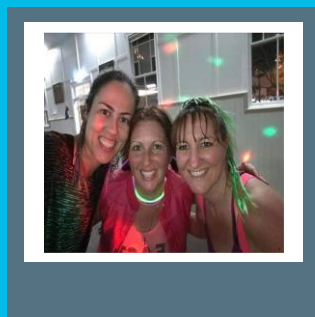
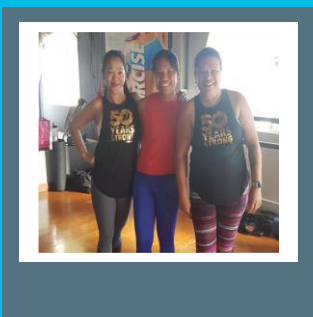
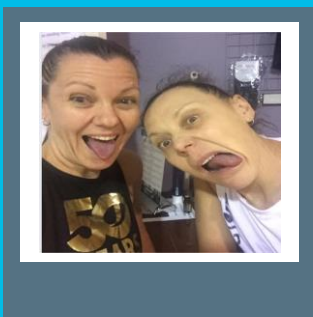
**Our tip:** schedule in one morning workout a week and gradually increase to two. Plan your a.m.

### Turn your commute into a workout

Walk, ride or scooter your way into work – even just part of the way. Getting outside in the fresh air is a wonderful way to begin each day. Start viewing your travel to work as an opportunity to move more, not an inconvenience. Plot different cafes you could walk past to pick-up your morning coffee or different bike paths you could ride along to make your way into work. Make it your mission to get to know the city better. Waking up 20 minutes earlier could turn an average day into a great adventure.

Regular exercise can improve your heart health and lower your risk of osteoporosis, diabetes, dementia, and bowel cancer. Plus, just 30 minutes a day can burn more than 500 extra kilojoules, helping you control your weight without the need for dieting. Regular exercise can assist with fewer symptoms of depression and anxiety, meaning exercise is not just good for your body, but good for your soul, too.

## OUR FAVOURITE SNAPS FROM LAST MONTH:



DON'T FORGET TO TAG US (@JAZZERCISENAMBOUR) IN YOUR JAZZY SELFIES- WE LOVE SEEING YOUR SMILES IN CLASS!

**"SORE TODAY,  
STRONG TOMORROW!"**

