

# NAMBOUR/COOROY NEWSLETTER

## January 2019!!!!



## Why You Should Avoid Exercise In Air Conditioning!

How many of you realise that air conditioner can be super harmful to your health? No one right? Yes! It harms our health and does not even give you the desired result while you are working out with a lot of efforts.

### Difficulties in warming your body:

If you are working in the air-conditioned room, it will take a long time to warm up your body. So, while warming up the body, it extracts most of your energies which makes you tired and exhausted easily.

### The body cools down fast:

If the air condition is on, it will make your body cool down faster. This will lay negative effect on your workout. You may work hard to warm your body and burn fat if you take just 30 seconds gap it again let your body reach the pre-warming state. So ultimately, all your hard work goes in vain.

### The body loses less toxins:

Working out does not only **make your body lose the fat** by sweating, but it also takes out the toxins and harmful materials through the sweating. **So, the more your sweat, your body lose the toxins.** Normal temperate helps your heart beat faster **and burn more calories.**

**That is why the athletes never prefer to work out on the air-conditioned gym.**

## Welcome to 2019!

This year promises to be a fabulous year! Jazzercise turns 50! And I just can't wait until the big celebration!

In the studio, Instructors will continue to provide you with workouts that are going to challenge you to the Max! 2019 will be have exclusive shopping nights, fitness challenges and other fun exciting opportunities for you to love your workout and love being a part of the Jazzercise studio!

I will continue to provide you with 20-25% off LJ clothing/shoes. So, I do hope that you all support this fabulous service.

Please if you have any suggestions on classes, times, other items that can help with the studio come and let me know, always happy for customers input.

**Customers of the Month  
for December!!!  
Terry Franklin  
&  
Therese Appleby  
A Big Congratulations to these  
Wonderful Achievers!!!**

**Jazzercise Sunshine Coast Fitness**

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**50  
YEARS  
STRONG**

*This incredible journey would not have been possible without you.  
Let's celebrate!*  
— Quin





***We Each have the same 24 hours every day!***

Picture this!!!!There are 168 hours in a week. If you work 40 hours a week and sleep 8 hours a night, you are left with 72 hours to do everything else.

**168-40-56 =72 hours**

That's a lot of hours left?

What are you doing with that time!

**Motivation + Dedication = Success**



## ***Customer Profile!***

**I would like to introduce the wonderful customer: Genie Kwok**

**How long have you been Jazzin for?** I started Jazzercise at the end of 2015

**What have you achieved coming to Jazz?**

Going to Jazz has helped me build up my confidence and healthy lifestyle. (Also gained sexy legs).

**What is the best thing about Jazzercise**

**Nambour?** The best thing about Jazz Nambour are the people. There is no judgment and everyone is fun and friendly and the instructors are awesome! Especially Leanne! It's much more fun grooving to music than running on the treadmill.

**Genie also has 3 beautiful girls and 2 amazing sisters who also come to Jazzercise!**

## **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!"***

