



Welcome
to our Gym...

Attitude is a little
thing that makes a
big difference.

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Gold's H&F Editor

Marama R



Have fun over the holidays and be safe. BOP beaches are open – Surfs up! I'll be at Gold's on Boxing Day, will be working off the Xmas pudding, C U then...



H O L I D A Y Opening Hours

Thu 22nd Dec 6am-8.30pm

Fri 23rd Dec 6am-7.30pm

Sat 24th Dec 7am-12pm

Sun 25th Dec Christmas Day
CLOSED

Mon 26th Dec Boxing Day
9am-12pm

Tue 27th Dec 9am-12pm

Wed 28th Dec 6am-8.00pm

Thu 29th Dec 6am-8.00pm

Fri 30th Dec 6am-7.30pm

Sat 31st Dec 7am-12pm

Sun 1st Jan New Years Day
CLOSED

Mon 2nd Jan 9am-12pm

Tue 3rd Jan 9am-12pm

Steve G

Says...

Christmas is upon us and the year has flown by.

I would like to wish you a successful and healthy Christmas and look forward to seeing you all throughout the holidays.

Have a couple of rest days but remember to stick to your healthy life style plan.

Plan your routines and maintain that feeling of high energy and general well being.

If you are out of the area go for walks, drink plenty of water and enjoy your family.

God bless

+ Inspiration

Christmas is doing a little something extra for someone.

Charles Schulz

Five Ways everyone can Combat Christmas WEIGHT GAIN!

Time your workouts over the holidays

Take food to special occasions and prepare a healthy dish

Plan to treat yourself to something food related or drink related

Track your intake over the month

If you overeat tomorrow is another day so commit to coming into the gym and burning off those extra calories.

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The happenings at
Gold's H&F

Our ever-evolving
club...

Members only!

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Bon Voyage Miss Tina!

Gold's will be saying farewell to our Manager Tina on the 25th of November. Tina has been with Gold's for nearly seven years and we will all miss her dearly.

Thank you for the fun and the laughter, the beautiful smile, the warm welcome, the commitment and loyalty.

Together we have shared life's ups and downs. Being a part of Gold's you will recognize we are not just a team we are a family. So I say in earnest to Tina even though we won't see you everyday this is your home and you will always be welcome with open arms.

Be the greatness that you are Bro xx



Christmas Pudding

Enjoy Christmas day have the pudding and gravy. If you are conscientious then do the little things like remove fatty skin, par-boil potatoes and cook them in a small amount of oil and include salad and fruit. Make good choices but include at least one treat and enjoy. If you do indulge make a commitment to get to Gold's on Boxing Day.

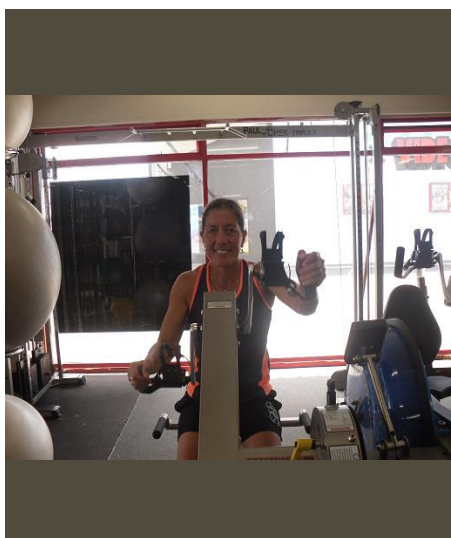
Click Here



<http://www.facebook.com/goldshealthandfitness>

Gold's H&F are totally committed to your health and fitness

MEMBER OF THE MONTH



Yvonne Rogers says...

Three things you must have on a deserted island?

My Whanau, my Waka and Kai Monana

Who would you invite to dinner given the chance?

John Legend

Biggest Fear?

Getting cancer, so I keep myself fit and healthy

Favourite Holiday destination
Rarotonga

Who do you admire? My daughter, her imagination, her beaming smile

Where do you see yourself in 5 years? At Gold's gym still working out with my husband, looking after my moko's hurry up my boys

Favourite Gold's experience
Losing 10kg's with their help

PERSONAL
TRAINER

OkSaNa

YES!

Oksana is one of my favourite personal trainers.

I have enjoyed watching Oksana's clients change on the outside and in turn seen the confidence build on the inside.

Oksana's health and fitness knowledge is incredible.

I am always confident that she will have a logical answer to my crazy health and fitness questions.

I must admit though I am on a mission to find some obscure question to stump her, hasn't happened yet.

Summer Time!

Now that Summers here how about upgrading to a Blue Water Cardio Membership. Our fully air-conditioned fitness studio over-looks the main indoor swimming pool at Rotorua Aquatic Centre. Access by electronic swipe card seven days a week fifteen hours a day.



This facility is exclusive to Gold's Health and Fitness Members **only**. For further information please enquire at reception.

Gold's H&F are totally committed to your health and fitness