



SWEATBEAT

Te Puke Health and Fitness Newsletter

OPENING HOURS:

Mon – Fri 6:00am – 8:30pm
Sat – Sun 8:00am – 1:00pm

Closed public holidays unless specified

- **Classes** – Classes resume next week starting Tuesday morning at 8.55am with Beginner's Step. So come along and try out something new. The Pump / Balance class on Monday at 9.30am has been changed to a combination beginner's step and swissball exercises.
- **Lost Property** – Remember to check the lost property box by the front entrance, if you have misplaced any personal items. Although I do have some extremely nice pieces of jewellery that have been left behind at reception. If you think you may be the owner please come and see us and hopefully we can reunite you with your lost piece.
- **Roller Door** – We have recently installed a roller door in the back wall to help with air flow and it seems to be working quite successfully, but please don't use it as an entrance or exit.
- **Gym Closures** – The gym will be closed Monday, January 30 (Auckland Anniversary Weekend) and also Monday, February 6 (Waitangi Weekend).

DID YOU KNOW

- Over 2500 left handed people a year are killed from using products made for right handed people!
- The Mona Lisa has no eyebrows. It was the fashion in Renaissance Florence to shave them off!
- There are no clocks in Las Vegas gambling casinos! Plus it is illegal to pawn your dentures there!
- The electric chair was invented by a dentist!
- A cockroach can live several weeks with its head cut off - it dies from starvation!
- Thomas Edison, lightbulb inventor, was afraid of the dark!



Te Puke Health and Fitness

Address: 3, No 3 Road, Te Puke 3119

Phone: 07 573 5855 – **Email:** doit@tepukehealthandfitness.co.nz

Web: www.tepukehealthandfitness.co.nz