

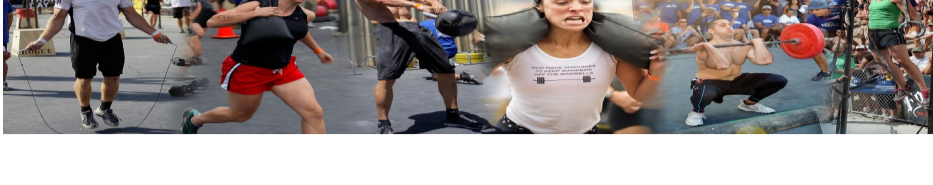
## Boot Camp - book and pay online!

**Final round before Christmas! Commences 30 November.**  
**Book and pay online at [www.bodytoburn.com.au](http://www.bodytoburn.com.au)**  
 Lake Burley Griffin  
 Monday, Wednesday and Friday at 6am  
 Monday, Wednesday and Thursday at 6pm.



**Time to run into Body to Burn and get in to shape before summer. We are open over Christmas to ensure you get the best results.**

## New at Body to Burn - CrossFit Smash



CrossFit is a core strength and conditioning program which focuses on maximizing physical competence in the following ten areas of fitness: Cardiovascular and Respiratory endurance, Stamina, Strength, Flexibility, Power, Speed, Coordination, Agility, Balance, and Accuracy.

To see more about CrossFit Smash or if you know it, love it and want to join up, go to the website [www.crossfitsmash.com.au](http://www.crossfitsmash.com.au) or call 6257 1405.

## Train your Trainer



**Finally...the chance to turn the tables and put your favourite trainer through the paces has arrived in the form of our...  
 Train the Trainer Day**

**11 am 12 December 2009**

**Body to Burn Studio, 7 London Circuit, Canberra City**

Choose your preferred trainer by putting your name down on the sheet in the studio, spend the next few weeks thinking about what you will do and be sure to let your trainer know that they're in your sites.

## Tasty recipe of the month: Breakfast fruit smoothie



**Breakfast: Fruit Smoothie (Men's recipe)**

### Ingredients

- 27 grams protein powder
- 1 ¼ cup blueberries
- 1 ½ cup strawberries
- 4 macadamia nuts or Flax seed oil
- 6 ice cubes

**Breakfast: Fruit Smoothie (Women's recipe)**

### Ingredients

- 20 grams protein powder
- 1 cup blueberries
- 1 cup strawberries
- 3 macadamia nuts or Flax seed oil
- 4 ice cubes

Place all ingredients in a blender and blend at high speed until smooth, Add water if smoothie is too thick. If you prefer, eat the nuts on the side.



**Heart Foundation**

## 5km Walk & open day for the Heart Foundation

In conjunction with the Train the Trainer day, we are holding an open day to help raise money for The Heart Foundation.

This great event will be combined with the local walking groups to enhance the awareness of fitness and the benefits of a healthy living. Anyone is welcome, so come down meet the Trainers, have a free feed and help raise some money for a great cause.

**Date:** 12/11/09

**Start:** 9:30 am @ Body to Burn Studio **Followed by BBQ** @ 12.00 pm

## Shape Up—November Special

Due to the Christmas period Shape Up will be running for five weeks only. This is the perfect time to take advantage of a great deal and get fit just before the Christmas holidays.

The next shape up starts on the **24th Nov and will cost you only \$499.** With this you will receive, five weeks of the following:

- two group sessions per week,
- one personal training session per week, and
- access to the Cardio Theatre between 6am and 9pm Daily.

