



12 Week Challenge:

This month marks the beginning of a new 12 Week Challenge!



We've had so many success stories from challenges in the past but here's a brilliant example of success from everyone's friend Ali Husari.

Ali lost 9kg through the 12 Week Challenge and continues to build on his knowledge and strength with regular PT and Platinum Club.

It's safe to say we had no issues getting him to pose for some before and after photos!

If you want to be the next success story then get in touch today about starting your own 12 Week Challenge.



What's on this month...

Run the Bridge Fun Run

On the 17th of February many of our All Aerobics members will be participating in the 'Run the Bridge' Fun Run!

This is one of Hobart's many Fun Runs that pop up throughout the year. We wish everyone from the All Aerobics family the best of luck as they challenge themselves to reach new heights.

If you are preparing for a future Fun Run or you feel like it's something you want to try out then come and join our Run Squad on Tuesday nights at 5:30pm.

Welcome Back Rob!

Many of you will have noticed Rob's absence over the last few weeks. Despite many of the rumours, he didn't take an extra long Christmas break, Rob and Tara were welcoming their daughter Maddi to the world!

Rob has now returned to work full time and all of his classes will now be back to normal.

If you see Rob around please feel free to say 'congratulations and welcome back!'



Sale on All Aerobics Merchandise

**20%
OFF**

Present this Newsletter to the Reception desk when you purchase any item of All Aerobics Merchandise to receive 20% off your purchase!
Hurry! Valid only for February