



## Chew on it

Richard Chew with favourite daughter Talena  
Founder of Elixr Health Clubs

### Thank you

On behalf of my favourite daughter Talena's brothers, Dennan and Dane, plus Talena's mum, Debra, we would like to thank so many friends and members (some of whom I've not yet had the pleasure of meeting) who have approached me, sent cards, flowers and emails to express their kind words and thoughts.

Dennan, Dane, Debra and I travelled to Singapore and Kuala Lumpur to be with extended family during this extremely difficult time. The "passing to spirit" of my Talena as our members Venus and Linda McDonald had so nicely put, has made us more aware of the importance of our relationships with family and friends.

During the flight to Singapore, I walked to the back of the plane and was a little unnerved seeing a man who had laid out a blanket and started praying and bowing to Allah. I then began contemplating whether I, an atheist, should also start praying...

When we went to Kuala Lumpur from Singapore, we had the pleasure of having my 12 year old niece, Clara, and 11 year old nephew, Ben, accompany us. It was great to see Dennan, Dane, Clara and Ben forming such a close bond as cousins.

December is our traditional family gathering time, and I would like to remind everyone to be more understanding of your loved ones, to be far more appreciative, and to hug and kiss them.

Many do not understand the behaviour and actions of their own parents, and don't take the effort to understand them, sometimes having the view 'They don't understand me..!'

Take the unselfish route of learning and understanding your parents' backgrounds and you will gain a deeper appreciation of them. You will then also gain a better understanding of yourself as at times we are a reflection of our parents. This way you can cultivate the positive characteristics and put the negative ones into perspective.

Our life journey is so unpredictable, yet we are so focussed on the future and forget to appreciate the very moment.

I have beautiful and loving memories of my Talena. I know I can never have any new moments with her, and this is a reality I have extreme difficulty in accepting.

Take the real opportunities available to you and enjoy every moment you have with loved ones, and make wonderful new memories.

This holiday season when you are with your family, not only should you hug and kiss them, but also tell them how much you love and appreciate them.

Kind and loving words can warmly touch and embrace in a way that hugs and kisses cannot.

Whoever said "Sticks and stones may break my bones but words will never hurt me," said it as a self protective mechanism. Words can cut deep to the core, and the combination of spiteful words and actions is lethal.

On the other side, positive words and actions are empowering. Displaying affection with loving words gives your loved ones and friends something they can truly accept with profound joy. One of the many things I will do in loving memory of my favourite daughter is organise a 3 yearly get together with all family and relatives at a holiday destination. I have family and relatives all over the world, and the plan is to have the reunions spread around the globe. An event where family members can reminisce and create new memories.

May you have a wonderful and happy holiday season.

*Give love  
unselfishly  
and receive  
love with  
joyfulness.*

# NEWS

The festive season has arrived and so has the great summer weather! We hope that you enjoy this time, catching up with friends and loved ones, and hope to see you at Elixr too. Our trading hours will change slightly over the holidays, so be sure to check the class timetables to see if there are any changes to your regular classes.

We have even more Member Benefits for you this month from our friends at Sofitel Sydney Wentworth and there are still great offers available from Iku Wholefoods and Millk Day Spas.

You may have seen some new faces around Elixr in the past month. We'd like to welcome Charlotte Veldheer (Membership Advisor) to the Elixr family at Park Street and congratulate Andrea Ondruskova on her promotion to MemberCare Supervisor. Both Charlotte and Andrea are passionate about Pilates and Yoga and would love to meet you, so be sure to introduce yourself next time you're in the club. Finally we would like to say a big CONGRATULATIONS and THANK YOU to our Bligh Street Club Manager, Anna Madill. Anna will be leaving us shortly and we wish her all the best in her new role as a mum. Anna's positive attitude and friendly personality will be missed at Elixr but we will remain in touch and keep you posted on any baby news!

## CLUBKEEPING

For your safety, please remember to wear enclosed footwear at all times whilst training in the weights and cardio areas. Your safety is our main priority and wearing enclosed shoes minimises any risk of injury.

To maintain hygiene in the club, all members are reminded to use sweat towels on all cardio equipment and weight benches. Please consider others and ensure that the equipment is wiped down after use. Towels can be hired for \$3 from Reception.

## NO MOBILE PHONES

Please be considerate and for the sanity of other members, please do NOT take and use your mobile phones in the studios or exercise areas.

## IN THE STUDIOS...

### GRC PASSES AT ALL CLUBS

GRC passes will only be available 30 minutes before the commencement of each class on a first-come, first-served basis, to give all members an opportunity to collect a pass. Please be considerate of others and return your pass to reception if you change your mind and do not wish to attend the class. Likewise, please do not attend a class if you have not collected a pass. Your pass should be kept with you at all times during the class and placed in the box provided on your way out.

### Your feedback is important to us

If you would like to contribute to this newsletter or have any recommendations on how we can improve the services we provide, please do not hesitate to contact us at [info@elixr.com.au](mailto:info@elixr.com.au)

## Christmas Message

Each year seems to be speeding by at an even more rapid rate. This year has been one of consolidation for Elixr. We have reviewed our processes, systems and standards relating to member education, operations, marketing and our people. With your help we have been able to optimise efficiency and improve our service, always striving to enhance your overall experience.



We gave our brand a new and fresher look and launched Elixr Pilates Teacher Training School.

At Elixr we value partnerships. We have aligned ourselves with likeminded businesses who share similar values and who genuinely look after their customers. In 2009 this led to alliances with businesses such as IKU Wholefood, Sofitel Sydney Wentworth, Atlantis Hair and Sydney Roosters. Elixr was also honoured to become the Major Sponsor of the Sydney Dance Company.

Now you can train alongside dancers from the Sydney Dance Company as well as The Australian Ballet, who both choose Elixr as their preferred health club.

We introduced Member Seminars to impart knowledge and wisdom on topics that we felt were relevant and important to you. We sourced only the best speakers who shared valuable insights on a wide range of topics. Our 2010 Member Seminar programme includes even more exciting topics which we look forward to hosting. Keep an eye out for information on upcoming seminars early in the New Year.

Training and Development is always high on our agenda. We believe that ongoing training and development is crucial, especially as our aim is to become an 'employer of choice'. Innovation is also highly valued at Elixr and we constantly develop and invest in our team in order to stay ahead of the pack.

Our vision in 2010 is to continue delivering Extraordinary service and a Superior product that will keep you coming back for more. As 2009 was all about consolidation, we hope that the New Year will be a year of Growth. We plan to spread our wings and potentially add a new addition to the Elixr Family - a new Elixr club. We will keep you all updated as developments unfold.

I would like to thank you for your continued support throughout 2009. I'm sure you would agree that Elixr is a very special place and it is you that makes Elixr such a special club.

Thank you for being a loyal Elixr member.

Have a happy, healthy and, most importantly, safe festive season.

See you around the club in the New Year.

**Christian Ruggeri**  
General Manager of Elixr Health Clubs

MEMBER BENEFITS

All traded bags  
will be  
donated to  
THE SALVATION ARMY

# Out with the old... In with the new

Trade-in your old gym bag and for

**ONLY \$19.00**

you will receive your choice of an

**ELIXR BACKPACK OR TOTE BAG  
VALUED AT \$45\***

\*Trade-in bag must be in usable condition ● Only 1 bag per Elixir member can be traded in during promotion ● Bag is non-exchangeable and has no cash value ● While stocks last



## Holiday Trading Hours

DATE	PARK STREET	BLIGH STREET	BONDI JCT
Saturday 19 December 2009	7.30am-12.00pm	7.30am-12.00pm	7.00am-7.00pm
Sunday 20 December 2009	CLOSED	9.00am-12.00pm	8.30am-7.00pm
Monday 21 December 2009	6.00am-8.00pm	6.00am-8.00pm	6.00am-8.00pm
Tuesday 22 December 2009	6.00am-8.00pm	6.00am-8.00pm	6.00am-8.00pm
Wednesday 23 December 2009	6.00am-8.00pm	6.00am-8.00pm	6.00am-8.00pm
Thursday 24 December 2009	6.00am-2.00pm	6.00am-2.00pm	6.00am-2.00pm
Friday 25 December 2009	CLOSED	CLOSED	CLOSED
Saturday 26 December 2009	CLOSED	CLOSED	CLOSED
Sunday 27 December 2009	CLOSED	9.00am-12.00pm	8.00am-2.00pm
Monday 28 December 2009	CLOSED	CLOSED	8.00am-12.00pm
Tuesday 29 December 2009	6.00am-7.00pm	6.00am-7.00pm	6.00am-8.00pm
Wednesday 30 December 2009	6.00am-7.00pm	6.00am-7.00pm	6.00am-8.00pm
Thursday 31 December 2009	6.00am-2.00pm	6.00am-2.00pm	6.00am-2.00pm
Friday 1 January 2010	CLOSED	CLOSED	CLOSED
Saturday 2 January 2010	7.30am-12.00pm	7.30am-12.00pm	7.00am-7.00pm
Sunday 3 January 2010	CLOSED	9.00am-12.00pm	8.30am-7.00pm
Monday 4 January 2010	6.00am-8.00pm	6.00am-8.00pm	6.00am-9.00pm
Tuesday 5 January 2010	6.00am-8.00pm	6.00am-8.00pm	6.00am-9.00pm
DATE	PARK STREET	BLIGH STREET	BONDI JCT
Tuesday 26 January 2009	CLOSED	CLOSED	8.00am-12.00pm



Give  
the gift  
of health with an  
**Elixir Gift Voucher**

Available at  
Reception

# INSTRUCTOR PROFILE

# OUR PARTNERS

## BARBARA Bachelder



Since an early age, Barbara's life has been interwoven with dance and Pilates. Barbara has been teaching Pilates for over 7 years and practicing Pilates for over 15 years. Her classical and contemporary dance training began at the age of five in Katowice, Poland, and soon took her to Germany and then, as a teenager, to Toronto in Canada. One of her first dance contracts was with the Canadian Opera Company's production of "Eugene Onegin". Barbara was introduced to Pilates after suffering from a series of dance related injuries. She fell in love with Pilates right away because it prolonged her dance career and she loved the way it made her body feel.

When her dance career wound down, Barbara studied International Relations at the University of Toronto and juggled various jobs including teaching Pilates. Two years after graduating with honours, Barbara stepped away from her new career in Marketing and PR to follow her passion for teaching Pilates. Barbara worked at several of Toronto's major Pilates Studios and Health Clubs.

In 2006, just after getting married, Barbara's husband, Todd, was offered a work opportunity in Sydney and they haven't looked back since. Barbara has been a proud member of the Elixr Team since September 2006. She is now one of our Senior Pilates Instructors and specialises in rehabilitation and working with pre/post natal women. Barbara's classes, including the Pilates Beginners Courses, are challenging, technical and importantly for her, fun.

Barbara has also become passionate about Salsa dancing and has just returned from performing at the International Salsa Congress in both Rome and Athens with Salsa Suave (who teach at Elixr). Barbara's next project will be training with Rachel Crompton and Katharine Millard to be one of Elixr's Instructor Trainers.

SALSA COURSES AT ELIXR  
COMMENCING FEBRUARY 2010

## SYDANCEY COMPANY

To inaugurate our partnership with **Sydney Dance Company** last month, Elixr visited the Sydney Dance Company studios while their dancers did an exclusive GRC class.

Look out for the dancers in the clubs and see our Facebook page for more photos - [www.facebook.com.au/ElixrHealthClubs](http://www.facebook.com.au/ElixrHealthClubs)



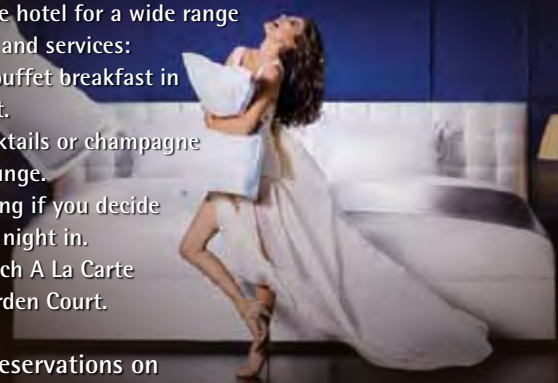
## 100 REASONS WHY?



Elixr members who book to stay until 31 January 2010 will receive a \$100 hotel credit each night of their stay, which can be used within the hotel for a wide range of dining options and services:

- Sumptuous buffet breakfast in Garden Court.
- Relaxing cocktails or champagne in Sofitel Lounge.
- In Room dining if you decide to spend the night in.
- Inspired French A La Carte dinner in Garden Court.

Contact Hotel Reservations on 1800 676 960



## Pilates • Yoga • Fitness • Aqua

Sydney Town Hall 27 Park St T: 02 8113 1100	Chifley Square 2A Bligh St T: 02 8113 3300	Bondi Junction L2, 9 Bronte Rd T: 02 8113 8800
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Energise the Body. Calm the Mind.

[elixr.com.au](http://elixr.com.au)