

# NEWSLETTER

October 2015

## Letter from the Chair...

**Hello Fellow Members,**

We Have MOVED!!!

Our new office address is  
Office D, 1st Floor,  
171 York Road,  
Belfast BT15 3HB.  
Our new telephone number is 028 9508 4018  
Email as before is fitnessni@aol.com

"Enjoy your newsletter"

Yours In Fitness,  
Lisa.



**NICMAC 2016  
OPEN COMPETITION  
&  
SCHOOLS COMPETITION  
FORMS ARE ATTACHED  
further details on Page 2 and 3 of newsletter**

## **GET CPR CERTIFIED** update your CPR..

**Date** Saturday 14th November  
**Time** 9.30 - 12 noon  
**Venue** Boardroom at Fitness NI  
**Cost** £25

NB. Max 10 places available therefore spaces are limited. To avoid disappointment please book to ensure your place. Email fitnessni@aol.com, or reply using the slip below.



**REPLY SLIP – CPR Course**

replies posted to Office D, 1st Floor, 171 York Road, Belfast BT15 3HB.

I wish to attend the CPR Course on Saturday 14th November, 2015

Name -----Telephone -----

Address -----



# NICMAC

# 2016



# Northern Ireland Creative Movement & Aerobic Championships

## OPEN COMPETITION 2016

Lagan Valley LeisurePlex

Saturday 5th March 2016 at 9.30am

Sunday 6th March 2016 at 10.00am

**ENTRY FORMS AVAILABLE ONLINE**  
[www.fitnessni.org](http://www.fitnessni.org)

# NICMAC

# 2016

## Northern Ireland Creative Movement & Aerobic Championships



### SCHOOL'S COMPETITION 2016

Grab your chance to enter your school into  
NI's most popular dance event!

Enter a team or a pair in the  
**EXERCISE , HIP HOP or DANCE** Section.

No professional dance experience is required and competition is open to all school ages.

**A great way to represent your school and have fun.**

The Northern Ireland Creative Movement and Dance Competition  
takes place on the 5th March for schools only.

Entry Forms are available on [www.fitnessni.org/nicmac.html](http://www.fitnessni.org/nicmac.html)  
or contact us at [fitnessni@aol.com](mailto:fitnessni@aol.com) Tel 028 9508 4018

Videos of last years competition can be viewed on our Facebook page

**What are you waiting for? Enter now!**