



ANGEL NEWS

August 2011

Friendly fitness at The Fit Locker

Doing what she loves and getting paid for it is a dream come true for Natasha Nash.

As a trained fitness instructor Natasha conducts classes at gyms throughout Christchurch but she has long had a dream of opening up a small fitness studio at her home.

“Fitness is a passion of mine and I believe personally that God gives us all a gift and it’s just finding that gift. Once

you’ve found it to be able to say that you actually get paid for something that you love to do is a real blessing.”



With a grant from the Angel Fund she has bought a Kimax boxing bag, has undergone training to become a certified Zumba instructor and become a ZIN (Zumba Instructor Network) member, which provides new music and choreography on a regular basis to keep dance routines fresh and invigorating. Using donated goods and doing most of the work herself the garage at her Woolston home has been converted to a workout space, called The Fit Locker. Her next step is getting registered with OSH, (Occupational Safety and Health) and she

is aiming to open The Fit Locker later in the year.

The idea for opening a home fitness studio originated when JCs, a gym in Hornby where Natasha was working, closed down. “I got quite a good rapport with about seven regulars and they were the ones that suggested they could car pool to me and keep on doing the group exercises classes.” Since then she’s picked up another

seven or so clients, all through word of mouth recommendation, with participants giving Natasha a koha.

Natasha sees her home fitness studio as offering something for people who want to get fit and meet other people but who are not keen on the usual gym scene. “Gyms can sometimes be about image, and lots of people don’t go to gyms because they feel intimidated, whereas The Fit Locker is aimed at real people where people can feel comfortable and not be judged.” She keeps things informal and friendly while making sure people still get a good, healthy workout. “They’re not just participants they’ve become friends,” says Natasha. “And they really look forward to

coming in and chatting and seeing how the week's been going."

Building up this rapport with clients is important to Natasha, something she says can be missing in the larger gyms where the instructors never get to know the members. "I like to take the time to get to know people," she says. "And I love to get people fit. It lets off that power of positive thinking, those endorphins, it's great."

She takes group classes, using Zumba and the Kimax boxing bag, which combines her love of dance with a fitness workout. "A lot of the participants just really enjoy Zumba so much because unlike old school aerobics there's no right or wrong, it's just relax, feel the music and get fit."

Natasha is aiming for night time and lunchtime classes every day except Sunday and Wednesday but she's planning to keep the classes small and friendly with a maximum of five per class. Contact Natasha at 027 8430057 or the_fit_locker@yahoo.com

What is the Angel Fund?

We are a women's saving and loan fund. We aim to support women in their efforts to improve their financial position. The Angel Fund offers a savings scheme and small loans to women on low incomes for the purpose of small business, education, or moving into work.

We have new contact details

We are sharing space at 399 Cashel St but I am often not there. Phone 358 8495 or text 022 4126435 before visiting.

Taking Care of Ourselves

There is no doubt these are testing and resilience building times. The most important thing you can do is take good care of ourselves. This includes

- eating good food, including vegetables and fruit
- good healthy sleep routines
- talking to friends or seek help if you think you need to
- try and keep to your usual routines
- have a family plan of what you can do. A plug



in phone, torch and transistor radio all help you keep in touch

- do fun things with family and friends, shared meals, working bees

The Womens Centre is now at 95 Hills Rd, Edgeware

The Women's Centre offers a drop-in, free counselling, free legal advice, resources and information about other community organisations and agencies, and lots more – for more information on our services see www.womenscentre.co.nz

Recent loans have been for

Nail Beautician supplies, Fitness course and equipment, Aromatherapy, Art Supplies, and Study costs

The Angel Fund gratefully acknowledges the support of:

The Canterbury Community Trust, COGS, C.C.C. NZ Charitable Foundation, Pub Charity and all Donating, Lending and Saving Angels.