

IT ALL BEGINS WHEN YOU DO

Re-Creation
Health Clubs



Update

ESSENDON

Dec/Jan 2012



Re-Creation is Open for You

MONDAY	5.30am – 9.30pm
TUESDAY	5.30am – 9.30pm
WEDNESDAY	5.30am – 9.30pm
THURSDAY	5.30am – 9.30pm
FRIDAY	5.30am – 8.00pm
SATURDAY	7.30am – 6.00pm
SUNDAY	7.30am – 6.00pm
Crèche Hours	
MON-FRI	8.30 – 12.30pm

TIMETABLE CHANGES

Fridays

6.00pm Spin class will be put on hold over the summer due to very low attendance.

MIDWEEK MANIA

Wednesday's "Free for Friends"

What a great line-up on Wednesday evening classes.

5.30pm Zumba with Luisa

6.30pm Spin with Jacob

6.30pm Pump with Gurdeep

7.30pm Body Balance with Hien

During December + January we invite you to bring family and friends along FREE of charge for participation in any Wednesday evening class.

*New customers only

AUSTRALIA DAY

Wednesday 26th January

Club Hours: 8.00am–12.00 noon

Crèche Closed

Class: - 9.15am Spin Class

It has been a great year at Re-Creation Essendon with lots of positive changes and developments. We have made you work.... really, really hard on the step machines and to balance things out you can also really truly relax in the new massage chairs. Member numbers and class numbers are on the increase which has enabled us to add more classes and extend the club hours on the weekends. All this is good but even more exciting are the plans we have for you in 2012. First on the list will be new Cross Trainers and Bikes in the first half of 2012 and later in the year we have another big surprise which is "under wraps" at the moment but will be very exciting!

Another new thing in 2012 will be the performance monitoring system MYZONE which was delayed for 6 months by the MYZONE company so we do apologise for the ongoing promise of it coming... We now plan the arrival of MYZONE in Feb of 2012 so stay tuned!! We thank all of our loyal members for your support over the past 12 months and we wish you all a very happy, safe and festive Christmas.

Merry Christmas, from our family to yours.

and baby makes 4.... A lot more work

Club owners Brett and Kelly are expecting a Christmas baby. This will be a brother or sister to Dylan, with this extra load and the fact that they have other businesses ventures. We are pleased to announce that Andrew Heraud will be taking over the general manager role for Re-Creation Essendon. Kelly and Brett will still be heavily involved in the day to day administration and club management. Andrew will be more available time wise to deal with operations and general member enquires. You can contact Andrew at manager@recreationessendon.com.au

Joyce hands to Jo

Class co-ordinator and instructor extraordinaire Joyce Garro will hand over the mammoth task of co-ordinator the class schedules of the club over to Jo Russell. Joyce will continue instruct her current classes and will maintain personal training business. For feedback on classes please send an email to manager@recreationessendon.com.au

"Merry Fitness"

Give a Gift of Good Health – Christmas Gift Packs

Just \$249 for over \$750 worth of gifts!

4 Month Gym Membership valued at \$360

iPhotogenic Glamour Photo Shoot valued at \$250

Essendon Beauty Lounge Skin Scan and Beauty Flash Treatment valued at \$120*

30 Minute Personal Training Session valued at approx \$40*

Work out towel and drink bottle

*New customers only

November

A great effort from the Re-Creation Staff and members- We raised over \$3000 which goes towards beyond blue and Plus it was great to see some of those handsome men sporting very cool "mo's" for the month.

Crèche Christmas Party

10.30am Wednesday 21st December

Santa's visiting with pressies for the little ones but he needs to know how many children will be attending, so please let Kathy and Dot know. Parents please bring "plate" to contribute towards the party food. Thanks and merry Christmas.

Merry Fitness...and a Happy New Rear!

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