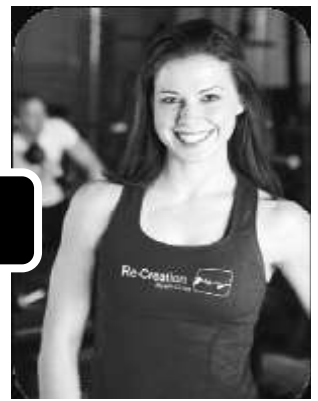


IT ALL BEGINS WHEN YOU DO

Re-Creation Health Clubs



Update

ESSENDON

FEBRUARY 2011

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 – 4.00pm

Crèche Hours

MON-FRI	9.00am – 12.00pm
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EXTENDED HOURS SATURDAY

Due to popular demand we will stay open until 6pm Saturdays commencing Sat 5th Feb

TIMETABLE & INSTRUCTOR CHANGES

Mondays

- **5.45pm Ab Blaster** cancelled. We will be offering a new **5.30pm Fighting Fit** class with CJ.

Tuesdays - New Instructor.

- 6.15am Fighting Fit is now with Glen Fraser
- New Class – **4pm Teen Fighting Fit**

Wednesdays

- **9.15am** Total Body Conditioning will be with Matt Zenner

Thursdays

- New Class – **4pm Teen Fighting Fit**
- **6.45pm Fighting Fit** moves forward to 6.00pm.
- **5.45pm Yoga** moves back to 7.00pm and now instructed by Nadia by popular demand.

WE'RE LOOK'IN GOOD.

New paint job! With a fresh new look and some fabulous new instructors and programs, 2011 is shaping up to be a great year at the club. Please encourage your family and friends to come and visit on our Open Day or simply request a free single visit trial pass from Reception.

OPEN DAY - Saturday February 19th

We invite family and friends along to this FREE day of Fun & Fitness.

All classes are free plus.

- **FREE** Physio consults 9am – 12pm.
- **FREE** Diet consult with our Nutritionist 9am – 12 pm
- **FREE** Sausage sizzle
- **FREE** Art & Craft crèche activities
- **FREE** 10 minute shoulder & neck massages
- Plus - door prizes, memberships to be won.

Hooray..Tues night PUMP @ 6pm

With Sophie Reaves. Commencing 8th Feb fabulous new instructor and great time for Pump. Pop this into your weekly schedule and get those 'Legs 11" looking good.

FAMILY ADD ON

This month every full paying member can introduce a family member to the club for just

\$550 for 12 months.

That's a huge saving on our normal rates and is only available to immediate family members of current full paying members.

Teenagers pay just \$450.

Hurry...offer available February 2011 only

TRX TRAINING

Experience the latest in suspension training techniques with TRX Bands. Now being used in Fighting Fit classes. TRX has been awarded most revolutionary new training technique in 2010. Now you can experience the Results yourself. Prepare to be challenged!!

TEEN FIGHTING FIT

4pm Tues & Thursday commencing Tuesday 15th February.

Ideal for teens 13-18 years, circuit boxing is fun and combines a series of 3 minute training intervals to build cardio fitness and toning \$10 pOer class for non members or \$70 per term for 2 classes per week.

FREE for members

8 WEEK BODY BLITZ

Lose weight, tone up and reshape your body

Body Blitz is an 8 week intensive program that targets both fitness and nutrition. It is the only gym based program that is designed and run by a personal trainer and a nutritionist to maximise your results.

\$37 per week (members). \$45 per week (non members incl gym membership at Re-Creation for the duration of the program)

Commencing Monday 31st Jan & Wednesday 2nd Feb (Late starters welcome)

MEET C.J. (Charles Ambrose)

Mondays 5.30pm Fighting Fit



Commencing 7th Feb. ...affectionately known as CJ, Charles is one of the most popular boxing and personal trainer that we have at our South Melbourne club. CJ has an impressive 16 year history of both amateur and professional boxing.

Everyone loves CJ...you will too!!

MEET GLEN FRASER

Fighting Fit – 6t15am Tuesdays and 6.00pm Thursdays.

Here's a class you can't miss. New instructor Glen Fraser is an experienced boxing fitness instructor who has run hugely successful programs on the Gold Coast. He has 4 years experience instructing Black Belt Karate and is an amateur Kick boxer. Glen will combine focus pad work with many other exercises.

"Life is not measured by the number of breaths we take, but by the moments that take our breath away."

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