

IT ALL BEGINS WHEN YOU DO

Re·Creation 
Health Clubs



Update

ESSENDON

JULY 2010

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 – 4.00pm
SUNDAY	7.30am – 4.00pm
Creche Hours	
MON-FRI	9.00am – 12.00pm

CHANGES TO GROUP EXERCISE MUSIC

Some changes have occurred throughout the fitness industry in regards to the music that can be played during group exercise classes and any classes that the personal trainers run. As a result of these changes, all gyms are unable to play music that PPCA has licensed. This, in the short term, may result in you hearing the same tracks when attending group exercise classes, while the instructors are sourcing unlicensed music.

TOUR DE FRANCE

On Monday July 19th the 6pm spin class will be a 2hr spin session with Matt and Joyce who will take you through a 'virtual Tour De France' experience. The cost is \$5 per head. Each entrant will receive drink from the fridge, with lollies and fruit also available on the day.

SALTS OF THE EARTH

Do you or anyone you know suffer from a respiratory condition or allergy?
Salts of the Earth introduces Halo therapy, providing the ultimate relief from such respiratory conditions and allergy's. Halo therapy is a natural treatment, no drugs, non invasive and very effective. For more info visit www.saltsoftheearth.com.au, or call 9337 7085, to make an appointment for your free first session. They are located at 223a Buckley Street, Essendon 3040.

SCHOOL HOLIDAYS

Casual Teen deal

10 visits \$75

(that's 50% off normal teen visit rate)

Get your teens off Facebook and into the gym for a good, healthy workout. They'll love Zumba and doing lots of different classes. Visits at this price can only be purchased during school holidays.

PROTEIN, HOW CAN IT HELP?

After every workout that we do our bodies do require repair so we can do it all again the next time. Protein is a rich source of amino acids that helps with is repair. On Tuesday July 6th from 5:30 – 6:30pm International Protein will be attending the facility to talk about Protein and you will be able to sample some of their products.

TIMETABLE CHANGES

Thursday
10.00am Zumba
moves to Friday
10.30am

LESS WATER PLEASE!

Please use the ladle provided to add small amounts of water to the sauna unit. We also ask that members do not touch the fire hydrant in the communal area. Thank you.

JULY IN THE CRECHE

July in the Crèche will have all the kids making lanterns out of coloured paper.

JULY HAPPY HOUR

Any Coca-cola product purchased on Wednesdays between 9am – 10am & 6pm – 7pm, you will receive a 2nd one half price. That is a real bargain!!!

SPINNING THROUGH JULY

For the month of July, the member that attends the most spin classes will receive a \$30 village card to spend. All that you have to do is sign in at reception before each class. Members that also attend a spin class may bring in a friend to also participate in the class



If you don't like something, change it. If you can't change it, change your attitude.