

IT ALL BEGINS WHEN YOU DO

Re-Creation 
Health Clubs



Update

ARMADALE

SEPTEMBER 2010

CLUB HOURS

MON - THURS 5.30am to 10.00pm
FRIDAY 5.30am to 9.00pm
SATURDAY 7.15am to 7.30pm
SUNDAY 7.30am to 7.00pm

CRECHE HOURS

MON- FRI 8.25am to 12.30pm
SATURDAY 8.25am to 11.30am

OFF PEAK HOURS

MON-FRI 11.00am to 5.00pm
(exit time)
SAT/SUN 12noon to closing

ZUMBA TONE

Thursdays 7.30pm

Rockin' Party... Rock-Hard Body
Serious Body Sculpting for party animals!

Burn 30% more calories and tone up using Zumba Tone Sticks
ZUMBA TONE commences Thursday 16th September

TIMETABLE CHANGES

Mondays

8.30am **Results** will switch to Tuesday 8.30am...

Tuesdays

Body Pump with Agnes will switch to Monday 8.30am

Thursdays

New Class 7.30pm - **ZUMBA TONE**

(commences 16th September)

*Note this class replaces Absolution.

Fridays

New Class - '**Functionally Fit**'
10.30am with David Lancaster
(commences 3rd September)
Includes Kettlebells, TRX and Core stabilization training.

Free Seminar – Body Fat – Get it off – Keep it off
with Linda Wilson and Sue McPhee who was responsible for bringing Jenny Craig to Australia – now she is sold on Ultralite because it works!

Monday 13th September 7.30pm Glen Iris Club

Tuesday 14th September 10.30am Armadale Club

Discover the science behind the incredibly effective **ULTRALITE DIET**.
What makes it work? What is the ideal balance of Protein / Carbs / Fat?
Why insulin and sugar levels are so important and how to control them.
Free samples...plus question/answer time. Don't miss this information packed seminar that will help you lose weight for summer. Free for members and friends.
Book at Reception

New SPIN BIKES...New TREADMILLS...and MORE!

Coming in September/October.

We have just ordered a row of brand new Life Fitness treadmills complete with ipod dock, built in screen and breathtaking programs. They are incredible...and will be here soon!



Plus – 2 new cross trainers and 5 new upright bikes...
But wait...we have also ordered 40 brand new Keiser spin bikes which come complete with cadance monitoring. They give an incredible ride and they are strong enough to withstand even the toughest workout. Amazing magnetic resistance which feels smooth and is easy to regulate.



It's... CAPOEIRA! With Daniel Gonzalez

6 week course \$72 (non member \$90)

Commences Tuesday 21st September 7.30pm at Glen Iris

Capoeira is a Brazilian martial arts dance training class. Hugely popular in Europe and Brazil. This 6 week course will coach you through the techniques, combinations and skills of Capoeira. Plus you will get a huge workout. Book at Reception NOW

New to the Personal Training Team

Daniel Gonzales

Apart from being a spectacular Zumba instructor, Daniel is a highly qualified and experienced Personal Trainer. He has a strong background in Pilates and core training and has his own PT business 'Fit Trainers'. Which works with Insurance companies to rehabilitate backs, knees, shoulders and other injury related issues. He is trained in body building, bootcamp and martial arts fitness.

Call Daniel on
0431 132 044

David Lancaster

David has over 10 years experience in fitness and martial arts as well as kettlebell and pre-post natal instruction. He is a certified outbox boxing coach (British Boxing board of control) and is currently studying to become a nutritional therapy practitioner. Check out David's website Optimagrouppfitness.com or call

0419 030 414.

PS: Come to Davids new 'Functionally Fit' class
Fridays 10.30am.

"You measure the size of the accomplishment by the size of the obstacles you had to overcome to get there"

Brooke T Washington