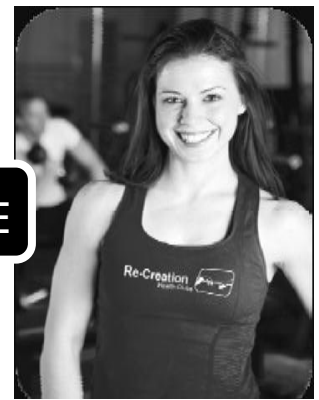


IT ALL BEGINS WHEN YOU DO

Re-Creation
Health Club 



Update

STH MELBOURNE

FEBRUARY 2012

OPENING HOURS

MON to THUR 5.30am – 9.30pm
FRIDAY 5.30am – 8.30pm
SATURDAY 7.30am – 7.00pm
SUNDAY 7.30am – 6.30pm

OFF PEAK HOURS

MON-FRI 10.30am - Midday
& 1.30pm – 4pm
SAT & SUN Midday – Closing

Crèche Hours

MON-SAT 8.25am – 12.30pm

CLASS CHANGES

Monday

- 1pm Hard Core is now with Mary using TRX, bosu, vipr and freeform boards.

Tuesday

- 9.30am Fitball is now with Kathryn... She is back from maternity leave!

Saturday

- 9.30am Hard Core is now with Mary using TRX, bosu, vipr and freeform boards.

GOODBYE HOLIDAY

KILO'S!

Now is the perfect time to lose weight, get fit and energise your life.

The Ultra Lite diet program is a science based diet that will give you the information, support and motivation to safely lose unwanted kilos permanently. Dozens of South Melbourne members have been through the program under the guidance of our Ultra Lite consultant Mary O'Shannassy with life changing results. You don't have to live overweight any more....there is something you can do. Call Mary now for a free no obligation discussion

0401 691 232

Reciprocal rights come to an end

It has been one year since we sold our Armadale & Glen Iris clubs to Goodlife. At the time of the sale we negotiated a 12 month period for the continuation of free reciprocal rights between our clubs. This has given our members time to be prepared and fully aware of the change.

Now we advise all members that the time has come for the free use of these clubs to come to an end. Reciprocal rights will no longer be available to South Melbourne members as from Wed 7th March, which was the official sale date. We thank you all for choosing to be a part of the Re-Creation family and for your loyalty to the South Melbourne Club.

MYZONE...Heart rate and calorie burning measurements made easy.

Make this the year you take your training to a new level. By wearing a MyZone heart rate monitor you will see your training zone and efforts displayed on the screen in the spin room and gym. This information is graphed and available for you to view on the MyZone web site. This is a fantastic feedback tool that will motivate you to get results and get more out of every workout!

Purchase a MyZone belt today for \$100. Now available at reception.



Melbourne Exercise Physiology Group

Do you suffer from back pain? Arthritis? Balance problems? Sports injuries? Posture problems? Type II diabetes? Recurring muscle or joint pain? Then you need to see the newest member of the Re-Creation Team. Justin Bedford from Melbourne Exercise Physiology Group has set up a clinic in our Health Club and will be available for consultations on Mondays, Tuesdays and Thursdays. Justin has completed a Masters Degree in Exercise for Rehabilitation and is a highly skilled accredited Exercise Physiologist. He provides medically-informed exercise rehabilitation and lifestyle modification programs to fast-track your recovery. Justin's services attract rebates from Medicare (if referred by your GP) and most private health funds.

He is also registered to provide services for Department of Veterans Affairs, WorkSafe and TAC patients. Book your appointment with Justin at Reception or for further information call him on 0403 553 021 or check out www.mepg.com.au

Start the year right! A personal trainer can help. Starter packs available for \$99.

If you are new to personal training you cannot pass on this fantastic opportunity to work with any personal trainer listed on the back of this Update at a reduced introductory rate. The 3 sessions are 30 minutes long and will help you to get valuable diet and fitness advice and support. This offer can only be purchased in February and is for NEW clients only. Purchase the starter pack directly from the trainer of your choice.

**Want a career change ??....
Become a Personal Trainer**
Re-Creation has been accepted as a campus provider for the Australian Institute of Personal Training. First course for 2012 commences in Feb . Call Richard Te Paa on 0431 247 686 for further information.

Celebrate what you've accomplished, but raise the bar a little higher each time you succeed.

**SOUTH MELBOURNE LIFESTYLE CENTRE. 111 Cecil Street, South Melbourne. 3205. PH: 9645 7236
www.recreationhealthclubs.com.au**