

IT ALL BEGINS WHEN YOU DO

Re·Creation 
Health Clubs

Update

STH MELBOURNE

JULY 2010



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 – 12noon

CLASS & INSTRUCTOR CHANGES

Monday

9.30am Body Pump will now be with Bridget

Tuesday

12.30pm Zumba in now with new instructor Stephanie

Wednesday

6.30pm Spin will now be with Sophie

Yoga at 9.30am and 10.30am will be combined to ONE class at 10.00am with Ben

Thursday

12.30pm Pump is now with Neil M for 45 minutes
6pm Boxing Bootcamp moves to 6.15pm due to popular request commencing 8th July
7pm Combat cancelled due to low numbers

Friday

12.30pm Body Pump is with new instructor Bridget

Sunday

10.00am Abs Only cancelled due to low numbers.

9.00am Body Pump is now taken by Martyn

Losing motivation during winter???

Are your Gym visits becoming less frequent and in return your fitness is decreasing or your tummy is growing again?

Did you know that winter can be your best friend in weight loss?

Our bodies will burn energy to produce heat which keeps our core temperature at a steady level. During winter with the air being so cold, our bodies will have to work harder to maintain this balance and this is great because more energy means more calories being burned. So why not take advantage your bodies natural advantage???

With **Paul Ellis** to help you, we can create a training schedule that not only fits into your lifestyle but gives you the **variety** and **results** needed to keep your goals on track and leave you in great shape long before summer kicks in.

During the month of **July** (traditionally our coldest month), you can start this journey at a affordable and heavily discounted rate, Starting from **\$15 (small group)** to **\$30 (one on one)** specialized training sessions. On top of this we will map out your own training with a personalized plan, leaving you with **no more excuses** and the **Attitude** to reach your Goals.

Call Paul Ellis Now - 0412 717 727 to begin your journey and start "Investing time in your greatest asset – YOU"

Coming in August...

ZUMBA PARTY EVENT

Thursday 19th August 6.00pm

1 ½ hours

Three brilliant Zumba instructors and a whole lot of Arribbaaah....including special effect lighting. Come to this fabulous 1 ½ hour class and bring a friend for just \$20, (members are free)



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.



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