

Re-Creation Trackside Personal Trainers

Working with a Trainer is one of the fastest, easiest, and most successful ways to improve your health and fitness. Today Personal Trainers are used by people of all fitness, age and economic levels to help them make lifestyle changes that they find difficult to achieve by themselves. If you would like the extra motivation of using a Trainer simply call one of the Trainers listed below for a free, no obligation consultation.

<p>PETER EDGECOMBE</p> <p>With over 25 years in health & fitness, Peter is a vastly experienced Personal Trainer and Certified Kettlebell Instructor, who knows what it takes for you to achieve the results you want. If you are serious about your health and wellbeing, or just not sure what you should be doing to achieve your health goals then contact Peter today for a free consultation and get on track to a healthier, happier you.</p> <p>0404 611 201</p>	<p>VIVIENNE HALL</p> <p>Viv is a tried and true, health and fitness guru, who has been in the fitness industry for more than 20 years. If you are in need of inspiration and motivation to achieve your goals then Viv is your lady. With unique knowledge that Viv has accumulated over years in a developing fitness industry, you are guaranteed a great variety during your session as well as great nutritional guidance.</p> <p>0421 976 026</p>
<p>ANNA TURNER</p> <p>Are you thinking about exercising but don't know where to start? Or do you have an existing exercise regime but are not achieving your goals? Then come to me and let me put you on the right track. I have been in the fitness industry over 20 years and have experience with people of all ages, shapes, sizes and fitness. I believe everyone can achieve their goal whether its weight loss, weight gain, muscle toning, body sculpting or aerobic fitness. But it does depend on a number of factors. Appropriate exercise prescription and nutrition (on my part) and commitment dedication and persistence (on your part). So if you are really serious about you health and fitness I am here to help you</p> <p>0418 345 956</p>	<p>YVONNE MOOYMAN</p> <p>"As a mother and woman in my 40's I know how hard it is to find motivation to exercise & eat the right foods. The waist line is telling you something needs to be done. I am a motivating and understanding woman who can help you reach your goals. As a swimming instructor and marathon swimmer, I hold a certificate 1V in fitness and have swum the Cook Strait of New Zealand and the English Channel. I am highly motivated and always reach my personal goals. I can also help you understand your nutritional requirements.</p> <p>0402 445 210</p>
<p>BRAD THOMPSON</p> <p>Brad loves motivating people to achieve their goals. By putting your potential to use, Brad will push you with a fantastically challenging workout. Time, boredom and lack of results will no longer be a problem because Brad will help you transform these factors from quantity to quality, boredom to fun progress and great results. You don't have to be an elite athlete, but everyone can beat their 'Personal Best'. Brad's theory is 'we're here for a long time as well as a good time'.</p> <p>0437 852 023</p>	<p>JAMES PERONA</p> <p>With the busy stressful lifestyle we live these days, it is very hard to keep in shape. James believes that every person can achieve their body shape goal whilst living a hectic life. With 25 years experience in the fitness industry, James can help you achieve your goals in the most effective way, by using gymnasium facilities and equipment.</p> <p>0457 040 193</p>
<p>JAMIE SMITH</p> <p>Growing up as a very skinny kid I found salvation in the gym. By setting small achievable goals I was able to transform my body in order to become more confident within myself. Through my studies of all things fitness my hobby quickly became a passion – and by working together, I am sure I can make it yours too. With great knowledge and understanding of various training styles each workout will be varied, intense and motivating whether your goal is to lose weight, gain muscle or improve your overall fitness. I believe by enjoying regular exercise as part of a healthy lifestyle we can reach the results you really want and ensure long-term success. Get Fit.</p> <p>0437 669 296</p>	<p>MICHAEL WALKER</p> <p>Health and fitness is just not a passing fad with Michael. It's both a way of life and a career. He has over 35 years experience in both gym instruction and Karate instruction. As a fully qualified personal trainer and martial arts coach he specializes in bringing out the very best from every person. His extensive knowledge in nutrition and experience in weight bearing exercise will guarantee you the results you've always wanted but couldn't achieve on your own. Michael is available for a free, no obligation consultation, so why wait? Take advantage of "Walker Sensei's" expert advice and call him today!</p> <p>0411 023 910</p>

STOP PRESS! THE TRUTH ABOUT THE NEW TRACKSIDE GYM

We have been hearing lots of rumours that the gym in the new building will be very small or non-existent. We can assure you that the gym is the prime reason for the development and it will be approximately 1,700 sq meters in size or 40% BIGGER than what you have now. It will include a huge free weights floor and cardio zone that has panoramic bay views. There is a large aerobic room, boxing room, spin room, mind-body room and YES hot yoga room. We anticipate the building process will commence in late 2014 so everyone just "chillax" as my 11 year old would say. All is good, regards Joanne Russell.

FEBRUARY 2012

Re-Creation
be happy



HAMPTON

"Health Clubs for a Happier You!"

Update

Re-Creation is Open for You

MONDAY 6.00am – 10pm
TUESDAY 6.00am – 10pm
WEDNESDAY 6.00am – 10pm
THURSDAY 6.00am – 10pm
FRIDAY 6.00am – 9.00pm
SATURDAY 7.30am – 6.30pm
SUNDAY 8.30am – 6.30pm

Crèche Hours

MON-SAT 8.25am – 12.00pm

Swim School

Welcome to Kate...

New Swim School Director

Term 1 commences

Monday 6th February

We are excited to introduce an enthusiastic and experienced new swim school director to head up the Swim School. We have some fantastic new instructors and great plans to develop the swim school. Trackside offers a unique home like environment where parents can watch from the comfort of the viewing lounge. Classes are small with a maximum of 4 learners. At just \$14 per class and 2 make up classes per term available the swim school is very competitive. Book Now For Term 1.

Call reception on 95988047 or email Kate at swimschool@recreationtrackside.com.au

TIMETABLE CHANGES

Red Flag classes.

These classes are low in numbers and may need to be changed.
Monday 8.30am MVE class
Tuesday 5.30 Body Attack

Reciprocal Rights come to an end

It has been one year since we sold our Sandringham club to Good Life. 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 the Sandringham club to come to an end. Reciprocal rights will no longer be available to Trackside members as of Wednesday 7th of March which was the official sale date. The good news is that you all still have free reciprocal rights to our Brighton East club and we encourage all of you to come and visit as often as you like. We thank you all for choosing to be a part of the Re.Creation family and for your loyalty to the "Trackie" club.

Start the Year Right ... A personal Trainer can help! Starter pack 3 session only \$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 45 min 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.

Class of the Month

Spin: Thursday 8.45am with Mee. We invite you to Mee's unique spin class where she draws inspiration from mountain biking, time trials, Criterium racing and even casual Sunday rides. It is an endurance based 45 min workout backed up by inspirational & motivating soundtracks helping you burn up to 700 calories and more!

MY ZONE!

Heart Rate and Calorie burning measurement made easy.

Make this the year you take your training to a new level. By wearing a My Zone heart rate monitor you will see your training zone and effort displayed on the screen in the spin room and gym. This information is graphed and available for you to view on the My Zone web site. This is a motivating feedback tool that will enable you to get more out of every workout. Purchase a My Zone belt today. \$99 Now available from reception.

Feedback response ... New Fans!

Thank you for letting us know that things were getting a bit stuffy in the hot yoga room and in the main Aerobic studio. We now have 2 new fans installed in each room which will facilitate healthy cooling via air movement. If you have any feedback please write in the member book at reception or email club manager Jo on ioanne@recreationhealthclubs.com.au

New Upgraded Facebook Page

Go to [facebook.com/recreationhealthclubs](https://www.facebook.com/recreationhealthclubs) and LIKE us today... Our new look facebook page is now live and includes all our latest timetable information and your chance to have a say on what we do in both our clubs at Brighton East and Hampton!

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 0431247686 for further information.

QUOTE OF THE MONTH

"Shoot for the moon, even if you miss you'll land among the stars" (Anon)

10 Railway Walk North, Hampton 3188 PH: 9598 8047 EMAIL: info@trackside.com.au

Fax: 9521 9034 www.recreationhealthclubs.com.au

RE-CREATION TRACKSIDE TIMETABLE

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.15am	★SPIN (Carolyn)	♥PUMP (Claire) ◎HOT YOGA	★CIRCUIT (Brad)	♥PUMP (Sharon) ★SPIN (Sarah)	★SPIN (Carolyn)		
7.00am	■GENTLE CIRCUIT		■GENTLE CIRCUIT		■GENTLE CIRCUIT		
7.45am						★SPIN	
8.00am	◇AQUA (Anna)	◇AQUA (JC)		◇AQUA (Sarah)	◇AQUA (Anna)	◇SWIM SCHOOL 8.00am-12.30pm	
8.30am	♥PUMP (Maree) ◎MVe PILATES (Tina)	♥PILATES (Mee Kujan)		♥TRX CIRCUIT (Andrew) ◎HOT YOGA (Connie)	♥THT (Eleni)	★ SPIN/CIRCUIT	
8.45am		★ SPIN (Karen)	★SPIN (Andrew) ♥FITBALL/PILATES (Nadia)	★SPIN (Mee Kuan)			
9.00am	◇AQUA (Anna)	◇SWIM SCHOOL 9am-12.30pm	◇AQUA (Sue)	◇SWIM SCHOOL 9am-12.30pm	◇AQUA (Anna)		◇AQUA (Anna) ★SPIN (Andrew) ◎HOT YOGA (Juan) ♥PREGGI BELLIES
9.15am	◎HOT STRETCH (Tina)					♥BOXCIRCUIT (Sebastian)	
9.30am	♥TOTAL WORKOUT (Caz) ★SPIN (Andrew)	★SPIN (Bern) ♥THT (Karen) ◎PILATES (Tina)	★SPIN (Andrew) ♥LIA (Bern) ◎HOT POWER YOGA (Sarah)	★SPIN (Andrew) ♥PUMP (Kaye) ◎HOT YOGA (Sue)	★SPIN/CIRCUIT (Natasja) ♥THT (Fiona)	★SPIN (Annie) ◎BODY BALANCE (Roz)	
9.45am							★SPIN (Andrew) ♥YOGA (Regina)
10.00am	◇SWIM SCHOOL 10am – 12.30pm		◇SWIM SCHOOL 10am-12.30pm		◇SWIM SCHOOL 10am-12.30pm		♥YOGA (Regina)
10.30am	◎HOT YOGA (Sarah) ■SENIOR CIRC. (Anna) TRX CIRCUIT (Andrew)	♥SHEN CHI (Phaedra)	♥PILATES (Caroline T)	♥KIMAX (James)	■SENIOR CIRCUIT (Anna) ◎HOT YOGA (Carolyn T) ♥MVe SCULPT (Fiona)	♥ BODY PUMP (Kaye)	
11.00am							♥CARDIO SCULPT (Eleni)
11.30am			■SENIOR CIRC. (Anna)			♥BODY PUMP (Kaye)	
12.30pm		11.45pm-1.30pm TAI CHI *extra cost	SENIORS WEIGHTS PROG (Anna)			◇AQUA (Raz)	
3.30pm	◇SWIM SCHOOL 3.30pm – 6.30pm	◇SWIM SCHOOL 3.30pm-6.30pm	◇SWIM SCHOOL 3.30pm – 6.30pm	◇SWIM SCHOOL 3.30pm – 6.30pm	◇SWIM SCHOOL 3.30pm – 6pm	◎HOT YOGA (Phaedra)	
4.30pm						♥SH'BAM (Lisa)	♥ZUMBA (Lanina)
4.45pm	★ SPIN (Andrew)						
5.00pm				♥BODY PUMP (Agnes)	♥ZUMBA (Glenny)		
5.15pm		★ SPIN (Jo)	★SPIN (Brad)			★SPIN CIRCUIT (Andrew)	★SPIN/CIRCUIT (JC)
5.30pm	♥BODY BAR (George) ★ SPIN (Andrew)	♥BODY ATTACK (Sam)	♥BODY PUMP (Patricia)	★SPIN (Kay)			
6.00pm		★ SPIN/CIRCUIT (Caz)	★SPIN (Annie)	♥BOOTCAMP (Jason) ♥YOGA (Sally)	♥YOGA (Darren)		
6.30pm	◎HOT YOGA (Lucy) ♥ZUMBA (Glenny) ★ SPIN (Andrew)	♥BODY PUMP (Kaye) ◎HOT POWER YOGA (Lucy)	♥BOXING (Rob) ◎PILATES (Carolyn)	◇AQUA (Raz)	♥AEROBIC ROOM ★ SPIN ROOM		
6.45pm			★SPIN (Annie)		◇POOL		
7.00pm	◇AQUA (Susan)	★SPIN (Sarah)		♥KIMAX (Peter)	▲ GYM AREA		
7.30pm	◎HOT YOGA (Lucy)	♥SH'BAM (J.D.)	♥YOGA (Regina) ◎BODY BALANCE (Roz)		■ CIRCUIT ◎HOT YOGA ROOM		

- Members can invite guests to participate in casual classes for a reduced price of \$14 adult and \$12 Students & Seniors.

FITNESS CLASSES AT RE-CREATION TRACKSIDE

Our Fitness program at Re-Creation Trackside has been specially designed to appeal to a broad cross-section of the community, catering for people of all ages and fitness levels. Classes range from between 45 minutes to 60 minutes, with different class structures serving to meet a number of different health and fitness requirements. For your own safety it is imperative that you inform instructors of any injuries, pregnancy or medical problems that may inhibit your workout, prior to the commencement of the class. Towels and water bottles are compulsory for all participants, and loose, comfortable clothing is suggested, with shoes that are suitable for fitness training.

•AQUA

WATER AEROBICS. Fun and exercise to music in our heated swimming pool.

•BODY ATTACK

An intense, calorie consuming interval workout that will push you to your limit. All participants must be extremely fit & experienced.

•BODY BALANCE

A pre-choreographed mind/body program combining Yoga, Tai Chi & Pilates accompanied by gentle music.

•BODY BAR

Non-impact class that will give your body a complete workout using weighed Hex bars and dumbbells. This class works all muscle groups with a focus on correct lifting techniques.

•BODY STEP

A high energy pre-choreographed step class that is high intensity and highly motivating.

•BODY PUMP

Strength training class using gym exercises with barbells. No aerobics or coordination required – work at your own weight. Results are guaranteed.

•BOXCIRCUIT

Cardiovascular exercise utilising proven boxing training techniques. An enjoyable way to achieve fitness, muscle tone and weight loss. Experience the fitness benefits enjoyed by boxers without the physical contact. Suitable for men, women and children from 14 years.

•BODY COMBAT

Martial arts movements in a pre-choreography class format. Moves include punches, kicks and combinations.

•FITBALL

A unique and effective exercise class using fitballs plus weights to sculpt and tone every muscle whilst providing core stability and functional strength.

•GENTLE CIRCUIT

This gentle strength/aerobic training class is a supervised weight program especially designed for novice exercisers of all ages.

•HI/LOW

Aerobic conditioning class using high and low impact movements.

•'HOT CLASSES'

Exercising in a hot room enables your body to stretch further aiding in preventing injuries by stretching muscles that are already warm.

•BODY BLITZ

High energy class combining a variety of cardio vascular exercises incorporated with muscle strengthening and toning exercises. A great overall workout.

•KETTLE BOOTCAMP

An indoor bootcamp style class using kettlebell weights to develop incredible core strength and total body conditioning.

•KIMAX

Using individual punch bags this class teaches punch/kick techniques, is high energy & motivating. Great for both men & women.

•PILATES

A pre-choreographed mind/body program combining Yoga, Tai Chi & Pilates accompanied by gentle music.

•MVe PILATES

A new dimension of fitness Pilates. Using a modern version of the Wunda chair, this class takes your Pilates experience to a new level.

•MVe SCULPT

A faster paced class than MVe Pilates, using light hand weights and other strengthening exercises for a complete body workout. All MVe classes are 1 hour.

•PREGGI BELLIES

There is an extra charge for Preggi Bellies. Members receive a discount. Call 9563 1733 to book.

•SENIOR CIRCUIT

This 45 minute class incorporates a variety of different cardio vascular and conditioning exercises targeted to seniors. It's a fun filled class where you are encouraged to work at your own level.

•SH'BAM

Pre-choreographed class based on easy and fun dance moves to all the latest hits and dance music! 45 minutes of simple but energetic Cardio exercise, with unique routines. Loads of fun!

•SHEN CHI

Shen meaning 'heart centre' & Chi meaning 'energy', this class offers graceful movements that work in with your breathing. It also works to re-oxygenate and stimulate blood flow.

•SPIN

Stationery indoor cycle class. Work at your own pace.

•SPIN CIRCUIT

A 1 hour class commencing in the spinning room. The first component of this class is spin followed by a variety of different cardio vascular and conditioning exercises designed to challenge and motivate.

•THT

TUMMY, HIPS & THIGHS. Low energy aerobics class concerned with isolation work for tummies, hips and thighs. Suitable for all levels.

•TBC - Total Body Conditioning.

This class is suitable for those who want to tone and firm their body without high impact moves. All participants use steps and dumbbells for isolation work.

•TOTAL WORKOUT

A total body workout with hi-energy, hand weights and creative choreography. A great all round workout.

•TRX

Suspension strength training incorporating core strength work and large muscle groups working together through a series of exercises using all the muscles in the body. Starting with shorter working intervals and longer transition periods in order to familiarize yourself with the TRX and its exercises you can work up to the advanced programs as your fitness level increases.

•YOGA

Floor work & stretching exercises, excellent for improving flexibility, balance, breathing, healing specific ailments and enlightening the spirit.

•ZUMBA

All the rage from Hollywood to Europe, Zumba combines Latin, African and Bollywood rhythms. This unique class has a party atmosphere yet trains your body with intervals of intensity and body sculpting strength work.