

IT ALL BEGINS WHEN YOU DO

Re-Creation 
Health Clubs



Update

TRACKSIDE

JULY 2010

Re-Creation is Open for You

MON-THUR	6.00am to 10.00pm
FRIDAY	6.00am to 9.00pm
SATURDAY	7.30am to 6.30pm
SUNDAY	8.30am to 6.30pm

Off Peak Hours

MON-FRI	11.00am – 4.00pm
SAT & SUN	12 noon to closing

Creche Hours

MON	8.30am to 12.00pm
TUES	8.30am to 12.00pm
WED	8.30am to 12.00pm
THURS	9.00am to 12.00pm
FRI	8.30am to 12.00pm
SAT	8.25am to 12.00pm

TIMETABLE NEWS

NEW CLASS

- Body Pump Saturday 11.30am with Kaye

CANCELLED CLASSES

These classes have been cancelled due to continual low numbers

- Monday 5.30pm MVe Pilates
- Thursday 7pm MVe Pilates
- Gentle Circuit Tues and Thurs 6pm

RED FLAG CLASS

- Thursday 6pm Yoga

CLASS OF THE MONTH YOGA

Thursdays 6pm with Sally

Bring family and friends to this program during July for FREE.

Remember to sign your guest in at reception.

ASTHMA? BLOCKED NOSE? SLEEP APNOEA? SNORING?

A breathing retraining course may assist you to reduce symptoms, gain more energy and use less medication.

For details phone Mary Birch Reg. Nurse/Buteyko Practitioner on 9533 1452 or see

www.buteykobayside.com

FROM THE SALES TEAM:

One of the sales team has sold YOU YOUR membership. We quoted you the prices and showed you around the club and you joined. YEH! To us at Trackside, it means so much more than that. WE HAVE CHANGED YOUR LIFE BY IMPROVING THE QUALITY OF YOUR HEALTH AND YOUR FITNESS. That is why we do what we do. The whole team at Trackside from crèche to group fitness to administration are committed to you and OUR promise is that we will continue to strive to make Trackside the community that you are proud to be part of.

FROM MANAGEMENT

Thankyou to everyone who takes the time to write down your feedback. Every one is read and taken on board and where possible attended to. Your feedback give us the opportunity to continue to improve.

FREE PERSONAL TRAINING

Get better results from your workouts through personal training. Take up the offer of this 30 minute free personal training session. Weight lifting correction techniques will be worked on, leaving you with a better understanding of resistance training and its benefits.

Trainers include Peter Edgecombe, Rhett Krause and Dom Pronesti.

SWIM SCHOOL

Re-Creation would like to welcome everybody back for Term 3 swimming. This term is a 10 week semester for all due to no public holidays. The term dates are as follows:
Mon 12th July – Sat. 18th Sept.

HOW TO AVOID WINTER WEIGHT GAIN

When it starts to get cooler, tempting foods such as hot chocolates, creamy pastas and warm puddings take on a new allure. Although it's hard to resist the urge to cocoon in tracky dacks in front of the TV all winter, here's what you can do to stay on track this season.

DON'T HIDE

Don't give yourself permission to hide under bulky clothes. Instead, opt for outfits like tights and skirts, fitted jackets and tailored pants. By wearing clothes that aren't bulky, you'll be more aware of your figure and won't use the excuse of hiding underneath.

EXERCISE INDOORS

The gym gives you the opportunity to exercise all year round so there is no need to stop. Why not try something new like hot yoga or hot stretch. In fact, try any of the classes that you don't usually do. Varying your workout with indoor activities is a great way to beat exercise boredom.

EAT UP

At main meals, include lean meats with vegetables or salad and wholegrains to help keep you feeling full. If you get struck by a sweet craving, don't reach for a slice of sticky date pudding. Try this healthier option: a Jarrah hot chocolate!

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.

Coming in August...

ZUMBA PARTY EVENT

Monday 16th August 6.00pm

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

PS: The regular 5.30pm Body Bar class will be cancelled for this night only.

Like to advertise in this space and reach over 5,000 new people? Contact Mauro on 95847233

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