

IT ALL BEGINS WHEN YOU DO

Re·Creation 
Health Clubs



Update

SANDRINGHAM

SEPTEMBER 2010

OPENING HOURS

MON-FRI 6.00am – 9.30pm
SAT 7.00am – 6.30pm
SUN 8.00am – 6.30pm

Off Peak Hours

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

CRECHE HOURS

MON 8.30am – 12.30pm
TUE 8.25am – 12.35pm
WED & THUR 9.00am – 12.00pm
FRI 8.30am – 12.00pm
SAT 9.00am – 12.00pm

POOL USE TIMES:

MON-FRI 6.00am-9.00pm
SAT 7.00am-6.30pm
SUN 8.00am-6.30pm
(Swimming finishes 15 mins before closing)

CRECHE MARKET DAY – SATURDAY 4TH SEPTEMBER

Come along and enjoy all the excitement of a thriving market. There is a huge variety of stalls to browse and buy from with everything from delicious homemade treats to arts and crafts and much, much more. And of course an irresistible sausage sizzle will satisfy your appetite after your workout.
All money raised goes to purchase of crèche resources.



BRAND NEW SPIN BIKES – The Tomahawk!!

In September/October we will receive 40 brand new spin bikes complete with cadence counters to enhance your spin experience. The bikes are tough, comfortable and provide the most realistic 'road ride' on the market.

GREAT NEWS FOR TEENS NO JOINING FEE*

(No matter what promotion is on offer)
We want to encourage all teenagers into the gym as we know the incredible benefits to them from increased energy for school, greater self esteem and a positive attitude and outlook.

Now there is no excuse.

Please see one of our membership directors
*A small admin fee applies

BOXING GLOVE INSERTS ON SALE AT RECEPTION

\$1.00 pair

For hygiene purposes, boxing inserts will no longer be provided for boxing classes. The great news is that we will give you 1 pair free of charge! After that you can purchase them at reception.

TIMETABLE NEWS

NEW YOGA CLASS

6.15am Thursdays in the mind/body room.

Now that the days are lighter earlier, we would like to encourage you into the club for some early meditation and awakening of the body with Phaedra.

CLASS CHANGE

We are so excited to welcome back KK Groove on a Friday at 5.30pm!!! this will take the place of DanceFit. Kaye is an extremely popular and talented instructor who choreographs her own routines. If you haven't done Kaye's dance class before then don't miss out on this treat...definitely not to be missed.

LUNCHTIME CLASSES

Tuesdays – Pump @ 12.30pm
Thursdays – Dance Fit @ 12.30pm
Now there is no excuse to miss your workout!

CLASS OF THE MONTH

Thurs 12.30pm – lunch time
“Dance Fit”
We invite you to bring along family members and friends for FREE to this class during September. Please remember to sign your guest in at reception.

EXTREME WORKOUT/KETTLE BELL CORNER

The “Extreme Workout” area has never been more extreme now with the introduction of our huge range of kettlebells. For those with the desire to blow the boundaries of strength and endurance training don't miss these classes

Mon 7.15pm / Tues 6.30pm / Wed 8.30am / Sat 10.15am

Suggested trainers for specific kettlebell training:

Rhett Krause 0422076867

Chris Kathros 0419341548

Peter Edgecombe-Peter will be available on Tuesday and Thursdays between 4pm and 8pm for One-on-One and Small Group personal training sessions. These will be 30 min sessions on technique instruction and mini boot camps.

To book your session time [spaces are limited] please call 0404611201

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

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