

Re·Creation Update

CARNEGIE

SEPTEMBER 2010



Club Hours

Mon to Thursday
5.30am to 10pm
Friday
5.30am to 9pm
Sat & Sun
7.30am to 6.30pm

Crèche Hours

Mon to Sat
8.30am to 12noon

Spring Into Shape!

We made it, 1 year done and dusted! Congratulations to everyone who completed the fitness challenge we are definitely looking forward to the next one! Move over winter, its time for some warmer weather and time to think about that summer beach body!

To help you get into shape we are launching the Brand New releases from Les Mills!
New Music, New Moves and a New You?

Any Group Fitness feedback or questions please email – frank@recreationcarnegie.com.au
Frank Lennard – Group Fitness Manager

New Faces in New Places

Tuesday 6.00am RPM – JESS

Tuesday 7.30pm BOXING – ALESSANDRA

Wednesday 10.30am BODYSTEP – SONIA

Wednesday 6.30pm BOXING – FELICITY

New Time! Wednesday 7.30pm FITBALL – JULIE

New Class! Wednesday 7.30pm ZUMBA – DANIEL

New Time! Thursday 6.30pm BODYVIVE – LAUREN

Friday 9.30am BODYCOMBAT – NATE

Friday 10.30am BOXING – NATE

New Time! Friday 6.00pm BODYBALANCE – DAVID

New Class! Saturday 5.00pm YOGA – SUSAN

Sunday 8.30am FITBALL – FRANK

New Class! Sunday 5.00pm PILATES MAT – RICKI

New Class! Sunday 5.00pm BODYATTACK – KELLY

In September we say a sad goodbye to Dean Lightbody & Scott Cole, both very talented instructors, we would like to thank them for their support, wish Scott all the best in his endeavors & wish Dean and his wife the very best with their upcoming family addition!

Class Of The Month

BodyStep

Take a step closer to your fitness goals with this energizing step workout that makes you feel alive! A mix of athletic, fun and conditioning moves on a height adjustable step allow you to choose your own workout and get the results you come for!

Step into a *BodyStep* class this September and bring a friend or family member for free!

Energy in Motion!

Les Mills Launches

Friday 17th – BodyCombat @ 9.30am

Saturday 18th – BodyVive @ 8.30am

Saturday 18th – BodyAttack @ 8.30am

Saturday 18th – BodyPump @ 9.30am

**Masterclass With Senior BodyPump Trainer
Wendy Elphinstone!**

Saturday 18th – RPM @ 9.30am

RPM will replace the 9.30am QuickSpin for this day only!

Sunday 19th – BodyStep @ 9.30am

Sunday 19th – BodyBalance @ 10.30am

Please note due to a BodyPump training module being conducted at Re-Creation Carnegie. The 8.30am BodyPump class will be conducted @ 9.30am on Saturday the 18th and Sunday X Training will be conducted from the Boxing Studio on the 19th and 26th.

Management apologises for any inconvenience!

And the '*Fitness Challenge*' winner is

CHRIS THORNTON

She successfully completed the course in 11 days! The lucky winner of a \$135 Aurora Day Spa voucher which she will definitely put to good use! Our next fitness challenge is scheduled for November – stay posted!

Our first '*Fitness Challenge*' was a huge success with over 80 members participating and \$2000 raised for charity!!

Well done Everyone!