

ONE LIFE. ONE BODY.

Meet our **ADVANCED** Personal Training Team
One of them could change your life forever

JENNY D'UNIENVILLE

As your personal trainer I would love to be able to encourage you to be better than you expect. I am an enthusiastic sports person myself and have achieved more than I believed possible whilst juggling life and a full time nursing career. I have completed 3 comrades marathons and numerous other ultra-marathons. My second passion is mountain biking allowing me to race or relax amongst nature. I have combined my variety of skills and cross training to compete in multi sports and triathlons be it on the road or in the bush. As a nurse and personal trainer my aim is to show you the benefits of living a long and healthy life through your exercise achievements. Allow me to motivate and inspire you TO REACH BEYOND YOUR GOALS.

0432 246 634

JOHN BARRACLOUGH

I have been involved in fitness all my life, from outdoor sports to high grade boxing. In the last six months I have hung up my gloves and have really been focusing on Weight Loss, Body Sculpting, Hypertrophy, Conditioning and Core Strength. Having the opportunity to train with another personal trainer, body builder or local from the gym is what I thrive on. I've learnt numerous tips and secrets which has given me the knowledge to teach anyone and everyone techniques to achieve their own goals.

0435 425 537

STEVE HAYDEN

I've been a trainer for twelve years and have successfully helped people lose weight, gain muscle and strength, eat better, and improve overall health and fitness.

I tailor my sessions to the individual, working hard to motivate people to achieve their fitness goals. I'm a true believer in keeping exercise varied and fun and I encourage people to enjoy regular physical activity through goal-setting and getting results.

My experience training people with Diabetes type 2 has been especially rewarding as many have seen immense improvements in their health, some even reversing the effect. My goal as a trainer is to get people enjoying their workouts so they see results and make exercise a vital part of their lives.

0423 840 887

JAN ROSENBROCK

Variety, intensity and challenging both the mind and body are essential for noticeable change to take place. My ability to provide a program that does this along with my passion and commitment is the perfect combination to ensure **REAL RESULTS FAST!** Let me teach you how to change your training/lifestyle so you can enjoy the benefits of being fitter and healthier for life. The results I continue to see my clients achieve are my greatest motivation and **advertisement!** Let me help you maximise your potential in one-on-one or small group sessions.

0403 437 212

CATHERINE DOWLING

'Catherine loves sport, whether it be surfing, cycling, or training at the gym. Having competed in mountain bike races, triathlon, and is regularly seen out in the ocean surfing, she knows ANYTHING IS POSSIBLE.

Success does not come by being idle. It takes motivation, dedication, consistency and putting in some hard yards! Catherine wants to help you be successful, staying on track achieving your health and fitness goals. So whether its functional sports specific training, weights training, weight loss, or you just need a motivation boost give her a call or come and talk to her on the gym floor'.....

0423 640 327

CHRIS CANNON

A New You? If a change is what you seek Chris is the one you need to see. Chris knows all too well what it is like to live with the burden of being overweight, after all his passion for the Health & Fitness industry began with the transformation of himself managing to lose over 40kg's body fat and totally reshape his body. Don't hesitate to come have a chat with Chris whether it is on the Gym Floor, at Reception or in one of his dynamic group fitness classes including Boxing, Indoor Bootcamp or TRX. Chris will not only motivate you but transform you!

0402 909 639

HANNAH VANDERHEIDE

Hannah has been exercising at an intense level her whole life, recently being involved with morning beach boot camp sessions. She decided to take night classes for a diploma of fitness last year whilst studying performing arts (soon to be performing arts/ law) at Uni during the day. Hannah has a lot of admiration for those people who decide that despite a hectic lifestyle, their health and fitness is a priority. Her belief is that a healthy body aids a healthy mind and soul, unlocking the potential for greatness and humility in the rest of your life. Personal training for Hannah is about developing a partnership that facilitates that growth.

0404 910 932

JOSIANE LENGYEL

Lacking motivation, or the results you're chasing? Needing a new kick to your workouts? Now that you're considering PT, consider this: Josiane loves training so much, when she PTs, it'll rub off on you. With a combination of cardio conditioning, weight training – my favourite, TRX, fitball and more, you'll be sure to be kept stimulated and focused with a variety of exercise. So how about this – the goals you're after are attainable, they're right in front of you and with me, I won't just help you reach out for them, I'll help you make them your reality. So make the jump today, and the hardest part of PT is already over.

0419 596 422

NOVEMBER 2011

Re·Creation
be happy



BRIGHTON EAST

"Health Clubs for a Happier You!"

Update

Re-Creation is Open for You

MONDAY	6.00am – 9.30pm
TUESDAY	6.00am – 9.30pm
WEDNESDAY	6.00am – 9.30pm
THURSDAY	6.00am – 9.30pm
FRIDAY	6.00am – 8.00pm
SATURDAY	7.30am – 6.30pm
SUNDAY	8.00am – 6.30pm

Crèche Hours

MON-SAT 8.25am – 12.00pm

IT'S MOVEMBER!

"changing the face of men's health"



Since its humble beginnings in Melbourne 2002, Movember has grown to be a world-wide phenomena. Funds raised support the two biggest health issues for men; Prostate cancer and Depression. We are calling all members to support this great cause. MEN log on to www.movember.com to register as a participant and make sure that you join the Re.Creation Brighton East team. EVERYONE can donate by also visiting the website or donating in the box provided at reception. **So Guys – it's time to start growing the 'MO'!** DID YOU KNOW?

1 in 2 men are diagnosed with cancer.
1 in 8 men will experience depression.
Men live an average of 5 years less than women.
Twice as many men die of skin cancer and suicide rate is 4 times more than that of Women.

GREAT NEWS... MORE PARKING!

This month Re-Creation has been allocated 15 additional car parking spaces. This will make a huge difference to the mid-morning members. Also, did you know that on the lower level there is a PAID parking section which is FREE for members to use before 9am and after 5pm during the week and on week-ends. This offers us another 60 car parking places at these times so now no member should experience the inconvenience of not being able to find a car park.

TIMETABLE CHANGES

Monday 8.30am Sh'Bam with Jude
Tuesday 7.30pm Sh'Bam with Norita
Saturday 9am is now a Power circuit with Ben
Cancelled class: Wednesday 10.30am yoga with Merryll.

Red Flag Classes

Tuesday 7am: E-Glide

These classes have been red flagged due to low numbers and will be taken off the timetable next month

MORE GOOD NEWS...

LATER WEEKEND HOURS

From now on our club will be open until 6.30pm on Saturday and Sunday, thanks to more great feedback in the members Open Book



Our launch class was an amazing event with over 70 participants. Rocking the room with a laser light spectacular!! Now SH'BAM is permanently on the timetable: Monday 8.30am with Jude and Tuesday 7.30pm with Norita. SH'BAM is a great dance workout including different dance genres from top 40 to '80's hits to Latino. There are only 2 main moves per song so SH'BAM is achievable for EVERYONE

NEW: MY RIDES Now you don't need to wait for a spin class to experience a motivating cycle workout. Our 2 brand new MyRide machines provide a choice of several virtual rides through some of the most scenic areas in the world. Plug in your ear phones and enjoy the journey!!

"The real voyage of discovery is not in seeking new landscapes, but in having new eyes" Marcel Proust

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facebook.com/recreationhealthclubs

TOP UP

"FOR TERM MEMBERS ONLY"

This month all the term members who are on a 3, 6 or 12 month membership are invited to "TOP UP" their membership by purchasing discounted additional months. Min 3 - Max 18.

Price: \$50 adults & \$40 students / seniors per month.



New APP Game!

Download our Re.Creation App from iTunes and play our new "sports game". It runs for 45 seconds and allows you to test hand / eye coordination by matching up gym floor images. You can play as often as you like and no 2 games are the same. Its fun to do and if you get a score of 99+ and you post your scores on facebook or twitter we will give you a FREE work-out towel.

MEMBER'S OPEN BOOK

This month's question: "would you prefer a friend to join Re-Creation Brighton East? Why or why not?"

A.E.D.

Automatic External Defibrillators
This month we will be installing an A.E.D. in the club which provides an extra level of safety and cover for our members. In many cases the application of early defibrillation can increase a person's chances of surviving a heart attack.