

Get Back into those 'SKINNY JEANS' PERSONAL TRAINING PROGRAM

2010, new decade, time to drop 5kg and get back into your favourite skinny jeans with this fab Personal Trainer offer...

12 sessions over 6 weeks

Only \$35/session

12 x 45 minute sessions, nutritional advice, customised weight & toning strategy. This is what you've been promising yourself now it's time to do it!

How do I get started?

Contact any of the following trainers at Re-Creation and they will personally take you on a journey back to when you fit into those "skinny jeans!"

It all starts when you do at Re-Creation.



Re-Creation
Health Clubs
BRIGHTON EAST

Update



FEBRUARY 2010

**ADD A FRIEND OR FAMILY
MEMBER FOR ONLY \$199**

February is for lovers, but at Re-Creation it's also for Family and Friends to get into fitness. Add onto your membership any friend or family member for one really low price of \$199 for 12 weeks. That's an incredible deal. If you know someone that wants to join you to get fit and looking fabulous this is their chance.

One little condition... This is an access only membership and doesn't include our Kick Starter package (Fitness Assessment & Program plus 2 x One to One Training sessions with our Advance Training TEAM). If they'd like to get a Kick Starter that is a mere \$99 and a great investment to getting started properly with their training.

Just speak to our Membership TEAM or any of the Reception TEAM can help you out.

NEW GROUP FITNESS CO-ORDINATOR

Acclaimed and much sought after freestyle instructor Andrew Marcus is taking on the role of Group Fitness Coordinator starting immediate. Our Aerobics, Spin, and Cross Training classes have doubled since we took over the club last March and we are looking toward an even more exciting program this year. Andrew is a firm believer in giving the members what they want so you can provide direct feedback on his email GFC@re-creationbrightoneast.com.au.

Re-Creation is Open for You

MONDAY	6.00am – 9.00pm
TUESDAY	6.00am – 9.00pm
WEDNESDAY	6.00am – 9.00pm
THURSDAY	6.00am – 9.00pm
FRIDAY	6.00am – 8.00pm
SATURDAY	8.00am – 5.00pm
SUNDAY	9.00am – 1.00pm

Creche Hours

M, W, T, F	8.25am – 11.30am
TUESDAY	8.25am – 12:00pm

BUY SOMETHING SPECIAL THIS VALENTINES DAY

Courtney from Intimo will be at Re-Creation on Feb 6th to help you with some gift ideas for Valentine's Day.

Guys if you are looking for something special this is your chance. And Gals, if your man isn't inclined to purchase you that intimate special item then pick out something for yourself.

NEW ZUMBA INSTRUCTOR

Krystal

Saturday 9.30am

Join dancer, trainer, instructor Krystal Avezzu on Sat mornings for the most happening class of the week.

You will love Krystal's individual approach to teaching Zumba by focussing on a different movement style each week

TIMETABLE CHANGES

Mondays

Class Change – 8.30am Hi/Low will now be Zumba! with Keren.

Have a blast with this fun African/Indian rhythm class that is our most popular class on the timetable!

Thursdays

New Class – 5.30pm Dance Fitness with professional dancer, Personal Trainer and Group Fitness expert ALAN BECK. This will replace Body Step

NEW CLASS STARTING

DANCE FITNESS

5.30pm Thursdays with
ALAN BECK.

Integrating modern jazz, funk and hip hop moves this is a great workout as well as a great experience.
First class Thursday 4th Feb.

Re-Creation's Advanced Personal Training TEAM

CHRIS CANNON

Personal Trainer / Fitness Instructor: A New You? If 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 his own transformation 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, or TRX.

0402 909 639.

SUZANNE DENTITH

Executive Master Personal Trainer
Suzanne combines the best in a personal trainer – knowledge and experience. Her fitness background covers a wide variety of sport includes - Coach/Captain A Grade Volleyball, Coach for Southside Gymnastics – 3 years (Levels 1,2,3) and Qualified Hiking Instructor.

0419 403131

STEVE HAYDEN

Steve has been in the fitness industry for over eleven years. He has trained elite athletes, rehab patients, post and pre natal women, the elderly, body builders and sufferers of Diabetes Type 2. He has led fitness classes for unmotivated children and for children with special needs, and a range of adults looking to lose weight, improve or sustain their fitness. Steve's focus is set on achieving results for his clients and giving them a unique and fun experience every time they train. If you think you may recognise our newest team member it may be because he's also been an actor for twenty years and featured in shows such as City Homicide, Satisfaction, Water Rats, and Blue Heelers.

0423 840 887 bestwhenfit@optusnet.com.au

JOHN HAYWOOD

Certificate 3 and 4 Trainer, Special Forces Experience: John is a *one of a kind* individual that knows how to get the best out of you. Enthusiastic, experienced, innovative, outgoing person with a "can do" team based approach. John delivers positive motivation, drive and extensive fitness knowledge. Success is one of John's hallmarks either as a former International Company Director or a member of our Australian Special Forces. John has trained and motivated many people over a wide range of ages and sexes in various businesses and sports. You can reach John on

0417 596 553.

ALAN BECK

Alan is an inspiring trainer that's going to get you the results you want. He not only holds a cert 3 in Fitness and cert 4 in Personal Training. Alan is also a professional dancer and choreographer specialising in Classical Ballet, Hip Hop and Jazz with over 17 years experience Alan has danced as a **guest artist with the Australian Ballet Company** as well as the **English National Ballet of London**. Alan also holds a diploma of Remedial Massage and is currently finishing his second book on Personal Training for dancers. Weather you want that DANCERS body or just to tone up or to shred kilos of fat, Alan is the trainer for you. He will train you so you look and feel amazing.

0421 822 877.

DOMENIC PRONESTI

Are you looking to increase muscle tone & flexibility, build your core strength, lose some weight or are you coming back from an injury?

From Pilates to Boot Camp, Dom is a qualified instructor who will develop an individual or group program tailored to YOUR needs. *"Pleasure in the job puts perfection in the work"*

0409 258 866

HOW'S YOUR TRAINING GOING?

Common Mistakes made by Gym Members.

At reception this month we are handing out an article that will surprise, inform and clear up many myths and theories about training in the gym. For example here is a sample of some of the most common mistakes health club members make when training –

- | | |
|------------------------|---|
| 1) Stretching too much | 2) Not Stretching enough |
| 3) Lack of intensity | 4) Spending more than 1 hour in the gym |
| 5) Too many workouts | 6) Not challenging yourself with progressive resistance |

"We are here to train you not break you". Part of that process is to give you more information so you can get the most of your membership. Grab a copy of this month's article at reception and you will be training better almost instantly. However if you still need more help with your program you can book in for a Program Re-assessment with our Advanced Personal Training TEAM.

**An ongoing 12 week Re-Assessment is included with a FULL membership
FREE of CHARGE.**

Where has my training card gone?

Just to let you know that your exercise card is now located at reception Ask the Reception TEAM and they will get it for you.

When you come to the end of your rope, tie a knot and hang on.

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www.recreationhealthclubs.com.au

Schedule of Programs

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.15am	BODY PUMP (Laura)	SPIN (Dom)	BODY PUMP (Laura)		SPIN + ABS (Karen M)		
8.30am	ZUMBA (Keren)		RESULTS (Mikhael)		BODY PUMP (Andrew M)	STEP MOVES (Andrew M)	
9.00am			INDOOR BOOTCAMP (Dom)			BOXING CIRCUIT (Wayne)	
9.15am		SPIN (Andrew T)				SPIN (Jan)	
9.30am	CROSS TRAINING (Keren)	BODY COMBAT (Anita)	CROSS TRAINING (Keren)	BODY PUMP (Jan) ----- SPIN (Joanne)	SPIN (Jan) ----- AEROMIX (Andrew M)	ZUMBA (Krystal)	BODY PUMP (Jan/Kyleigh)
10.00am		TRX (Andrew T)					
10.30am	PILATES (Karen M)	PUMP (Jayne)	THT (Jo V)	WASHBOARD ABS (Joanne)		THT (Jo V)	BTP (Rocco)
11.00am						TRX (Rocco)	
12.15pm							
5.30pm	ROPE BURN (Jan)			DANCE FITNESS (Alan)			
6.00pm		SPIN (New Instructor in FEB!)	TRX (Chris)				
6.15pm	SPIN (Jan) ----- AEROMIX (Andrew M)	BODY PUMP (Jan)	SPIN (Laura)	SPIN (Raz)			
6.30pm		BOXING CIRCUIT (Dom)	ROPE BURN (Jan)	BODY PUMP (Deb) ----- WASHBOARD ABS (Alan)			<p>All classes are 60 minutes unless otherwise stated in the class descriptions below.</p> <p><i>*Member privilege – members are invited to bring guests to these classes at a reduced fee of \$12 for adults and \$10 for students and seniors.</i></p>
6.45pm	WASHBOARD ABS (Deb)						
7.00pm			BOXING CIRCUIT (Chris)				
7.15pm	BODY PUMP (Deb)	PILATES (Jo)					
7.30pm			LATIN DANCE (Mario)	YOGA (Jo A)			

February FREE Guest Pass

Bring along someone to share a class with you this month. Just cut out this pass and present it at the front desk.

Conditions apply. Valid till Feb 28/10



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“Are you fit enough to belong in the 300 Club?”

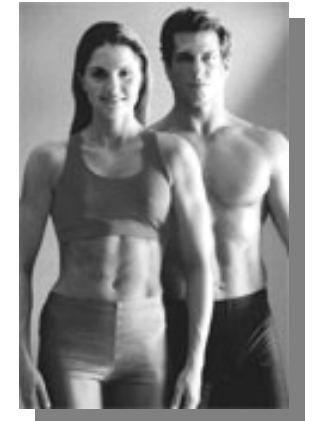
Have you heard about the infamous 300 Workout? The workout gets its name from the total number of repetitions. It's a test of strength, condition, cardio, mental toughness. The 300 Workout is the finale of months of specific training, a kind of graduation test, for you to achieve with your own conditioning.

MEN

- ✓ 25 pull-ups
- ✓ 50 dead lifts at 60kg
- ✓ 50 push-ups
- ✓ 50 box jumps with a 24" box
- ✓ 50 "floor wipers" (at 60kg)
- ✓ 50 KB "clean and press" at 16kg
- ✓ 25 more pull-ups
- ✓ Total of 300 reps

WOMEN

- 10 pull-ups
- 50 dead lifts at 35kg
- 40 pushups
- 50 box jumps with an 18" box
- 50 'floor wipers' (20kg)
- 50 KB "clean & press" at 8kg
- 50 x sit-ups



300 is a TEST not a training routine. It was designed by Gym Jones in the US to provide individuals with an ULTIMATE TEST to work toward. The test itself is time based and there is a GOLD, SILVER and BRONZE standard.

To assist those that want to GO-FOR-IT we strongly recommend a 300 specific training program. Speak to our Advanced Training TEAM today and they will give you all the details and help you devise a program.

Train like you mean it and you could land yourself on the EXCLUSIVE “300 Workout Honor Board”, collect a 300 Tee, and get 1 month FREE membership for yourself or to give to a friend.

Program Descriptions

Washboard ABS	30 minutes of abdominal and back strengthening exercises for total core strength.
Boxing Circuit	A high intensity boxing circuit class. Members must bring their own boxing gloves for hygiene purposes.
ROPE BURN	30 minutes of High Energy & Awesome Rope Moves awaits You! This Unique Class will guide you through technique, deliver variety & encourage the fun & creativity of Rope Skipping. This is the Ultimate Workout...Burn Fat, Get Fit and & Tone Your Body...Accept the Challenge!
CROSS TRAINING	A freestyle aerobics class. Strengthen core and muscle tone. Combining weight training and aerobic endurance.
SPIN	A 45 minute indoor cycling class, suitable for all fitness levels. This is a non-weight bearing class with interval style workouts, with an option for controlling your own individual workload.
HI/LOW STEP	Hi/Lo intensity is recommended for members who enjoy fun filling mind and muscle workouts.
AEROMIX	High energy fitness class using creative moves that create a fantastic calorie burning workout.
RESULTS	An interval style class which alternates weights with step. Great cardio and strength workout in one motivating format.
PILATES	A popular body conditioning system of centring the body, releasing stress and strengthening abdominal muscles. Correct breathing and refining the mechanics of respiration are essential to this technique. Class is suitable for beginners and intermediate level participants.
BTP – BODY TONE PILATES	Strengthen & tone every muscle in your body. BTP works abs and back as well as sculpting arms, shoulders, hips and legs using resistance and Pilates techniques.
THT – Tummy/Hips/Thighs	Sculpt and tone every muscle in your body using resistance equipment and the step. Arms, Abs, Butts and legs all get a total workout.
TRX	Functional strength training class using a TRX suspension training system.
YOGA	Improve your flexibility and stamina, whilst relaxing the mind. A great way to unwind after a hard day.
DANCE FITNESS	Modern jazz, hip hop, groove and Latin style moves combine in a fabulous fitness workout that's achievable for all levels.
ZUMBA	Combines Latin, African and Bollywood rhythms. This unique class has a party atmosphere yet trains your body with intervals of intensity & body sculpting strength work.
LES MILLS PROGRAMS	
BODY STEP	Simple athletic and fun workout using a step platform.
BODY PUMP	Strength training class using adjustable barbells. No aerobics or co-ordination required. Suitable for all fitness levels.
BODY COMBAT	Kick start your ultimate workout with martial art, boxing, and Tai Chi disciplines. This pre-choreographed class is energetic, non-contact, and intensely fun.

If you want any advice regarding any of our classes or which ones would be appropriate for you and your fitness goals, please just speak to our Training TEAM.