

IT ALL BEGINS WHEN YOU DO

Re·Creation 

Health Clubs

**GLEN IRIS**

**JULY 2010**



# Update

## CLUB HOURS

MON - THURS	5.30am to 10.00pm
FRIDAY	5.30am to 9.00pm
SATURDAY	7.15am to 7.30pm
SUNDAY	7.30am to 7.00pm

## CRECHE HOURS

MON-FRI	8.25am – 12pm
SATURDAY	8.25am–11.30am

## TIMETABLE CHANGES

### New Classes

- Wednesdays 8.30am Zumba with Stephanie
- Fridays 6am Body Attack with Jade
- Fridays 6.30pm Zumba with Bharti
- Sundays 11am Zumba with Eli

### Cancelled Classes

- Saturdays 8am Reformer Basic
- Tuesdays 8.30am Body Pump. – we ask that members go to the 8.30am Body Pump at Armadale
- Thursdays 6.30pm Boxing 100
- Fridays 6am Xcel Xtreme – exciting new early class concept starting again soon; meanwhile try the new Body Attack class in Studio 1
- Fridays 6pm Body Pump

### Time Changes

- Monday 8.15am and 9.15am Reformer classes changed to 8am and 9am respectively.

## WELCOME TO OUR NEW 'IN HOUSE' OSTEOPATH

### DR KATHRYN JOHNS

This month Re-Creation will open our new Osteo room located in the Rampage room next to the stretch zone.

Kate Johns has 8 years experience working in the field of osteopathy with a main focus on sporting and acute injuries as well as pre and post natal care.

Bookings can be made at Reception.

Practice will open on Saturday 17<sup>th</sup> July

## The Spin event of the year!

### Le Tour D'France

...with Adrienne Lang, Donna Ellerton & Alessandra Argesse

Sunday July 25<sup>th</sup> 9am – 12pm

Join 3 of the best spin trainers in Melbourne for this fantastic 3 hour 'Tour' experience.

Spaces are limited.

Book Now!

## ZUMBA PARTY EVENT

Friday August 6<sup>th</sup>, 6.30pm

1 ½ hours

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).

This Zumba event is not to be missed!

## 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.

## NEW AGE

### 1204 High St, Armadale "Changing the way you age"

The winner of the fabulous New Age rejuvenation package was Vickie McLean

*New Age Clinic specializes in non surgical cosmetic and beauty solutions. We have some inspiring new and creative face and body rejuvenating systems that can take 10 years off your look.*

*Special offers for Re-Creation members.*

*Call or drop in TODAY 9509 5283*



## INSTRUCTOR NEWS

- Donna Ellerton will take the 5.30pm Monday Spin class late July
- Natashia Iacovelli will take over the 6.15pm Monday Spin early July
- Daniel will take over the 5.15pm Thursday Zumba whilst Steph will swap to the new 8.30am Wednesday timeslot.

*If you don't like something, change it. If you can't change it, change your attitude.*

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