

Re·Creation



# CAROLINE SPRINGS

## July 2010 Update

### Members Benefits

**bareSKIN**  
body bar

**EXCLUSIVE MEMBERS OFFER**

Free ½ leg wax with  
every Brazilian  
*Valid for month of July*

 **chiroease**

**10% DISCOUNT TO ALL MEMBERS**

Suite 3-5

224-226 Caroline Springs Boulevard

Caroline Springs, VIC 3023

(03) 8361 7655



**JULY SPECIAL**

Join now and receive  
Six months unlimited membership  
valued at \$1170.00  
For only \$700.00  
**Saving of \$470.00.**

Offer ends July 31<sup>st</sup> 2010.

*Conditions Apply*

For more information call  
Stefan on 0417 268 888



### Group Fitness Update

**\*\*Class of the month\*\***

**BODYATTACK, Tuesdays at 7.15pm.**

The sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Fantastic cardio workout, where you will work up a huge sweat and be motivated by instructor, Fergus.

We are looking at adding a Sunday morning Bodyattack class to our timetable, please express interest on the form on the group fitness door.

Cardio Boxing is now being held in the RAMPAGE room

ZUMBA is here now on Wed 8.15pm and Fri 7pm.

From Wed 7<sup>th</sup> July, ZUMBA will be on at 10.15am

Saturday 9am Spin is being RED FLAGGED, this means that if numbers do not pick up the class will be cancelled.

So if this is a class you like be sure to get in to keep it running!

**Purchase all your new Re-Creation apparel from reception now**

Shop 35, 13-15 Lake Street, Caroline Springs  
PH: 8361 7722 FAX: 8361 9766  
[www.recreationcarolinesprings.com.au](http://www.recreationcarolinesprings.com.au)

## **Kids & Teen Fitness Classes @ Re-Creation**

5-11 yrs Tues & Thurs 4.30-5.30pm  
11-16 yrs Tues & Thurs 5.30-6.30pm  
*Taking enrolments now for Term 3*

*School Holiday Program*

Tues & Thurs 9.15am-10.15am  
Please enrol at reception

What a better way to get the whole family involved in physical activity than while you're at the gym have the kids there too participating in a fitness class. The programs are a fun way to get your kids and teens active and interacting with others. The group setting is a pressure free way for kids to be exercising with lots of different activities.

## **Opening Hours**

MON – THUR 5.30am to 10.00pm  
FRIDAY 5.30am to 9.00pm  
SATURDAY 8.00am to 5.00pm  
SUNDAY 9.00am to 4.00pm

### Melton Shire Business Excellence Awards.

- Winner Best Leisure, Health & Fitness 2008 and 2009
- Best Franchise 2010
- Business of the Year 2010
- Winner Community Contribution Award
- Business Leader Awards 2008



## **TOP LEVEL BOXING**

Congratulations to Okan, Erkan, Matthew, Justin & Leon all members of the club and Top Level Boxing. Between the five of them, they have had 15 fights with 12 wins, 3 losses and 1 K/O.

Naz has 15 years of experience. Give him a call on 0433 800 330 to see for yourself why Naz is so highly sought after by beginners and professionals.

## **Meet our Trainer**

### Kyliee



Energised & motivated to inspire you to reach your goals. Whether your aim is weight loss, muscle gain or general health & fitness, there is an option for you. Health & fitness isn't just for now....it's for life. Accredited Master Trainer, qualified Bosu Ball instructor and trained in Boxing for fitness. Also accredited to train older adults & children.

Anything is possible...together we can make it happen. Do what you can today because tomorrow never comes!!



Re-Creation and Re-Creation BodyJam now have Facebook pages  
Join us for daily tips and anything happening in our club.

Please feel free to leave any feedback or comments.