

We Change Lives

Update

SUNBURY

FEBRUARY 2012



Re-Creation is Open for you

MONDAY	6.00am to 9.30pm
TUESDAY	6.00am to 9.30pm
WEDNESDAY	6.00am to 9.30pm
THURSDAY	6.00am to 9.30pm
FRIDAY	6.00am to 8.30pm
SATURDAY	8.00am to 4.00pm
SUNDAY	8.00am to 2.00pm

Welcome to February

This is a very exciting time for our Club as we have secured Re-Creation Sunbury as the official host, facilitator and campus for the Australian Institute of Personal Trainers. At the Sunbury Campus we will be delivering certificate III & IV in Fitness and Personal Training in accordance with the AIPT. More information is available at reception or campus director Sharon is more than

happy to answer any of your questions.

The search is on again for "Sunbury's Biggest Loser".

Become the biggest winner! More details soon.

Ivan Morse

Club Owner

Footy Tipping 2012

You have to be in it to win it, pick all your winners at the start of the season and watch what develops, no weekly deadlines and results are posted at the end of each round and if like last year the winners were not determined until the final round. \$20.00 is all it costs, great prizes and fun all along the way.

COMING SOON! Biggest Loser Sunbury

We will be on the hunt for Sunbury's Biggest Loser in 2012. We are looking for participants to join in our first Sunbury wide Biggest Loser competition in 2012.

This challenge is available to all Sunbury and surrounding residents. Register your details at reception.

Re-Creation Sunbury



We are forming a social club that will coordinate a host of social events, outings and fun activities for members, families and staff. We need your ideas and input to make this a success. If you would like to be part of this group or just have some suggestions that you would like to see happen please get involved.

For your personal hygiene Please use a Sweat Towel when working out, Thank you. Towels are available for purchase from reception for \$7

**A NEW BREED OF
PERSONAL
TRAINER**

**AUSTRALIAN INSTITUTE OF
PERSONAL TRAINERS**

Want a change of career? Increase your knowledge or qualification?

Re-Creation Sunbury in conjunction with AIPT (Australian Institute of Personal Trainers) will be hosting the training and assessment for certificate III and IV in Fitness. This is a tertiary qualification and will qualify participants to work on the gym floor as well as a Personal Trainer. Application and registration can be done here at Re-Creation with Sharon. So if you have a keen interest in Fitness and would like to increase your knowledge and qualifications you may consider this as your 2012 challenge.

www.aipt.com.au sunbury@aipt.com.au **1300 13 84 34**

TRAINER TIP: Burning Muscles

Many people experience burning muscles during a workout and much of this pain is caused by a buildup of lactic acid. When exercising the body breaks down sugar into a variety of chemicals and when these chemicals combine with insufficient oxygen the lactic acid builds up and a burning feeling is felt in the muscles.

To control lactic acid build up it is recommended to gradually increase the number and intensity of workouts and drink plenty of water right throughout the workout. If a burning sensation is felt during a workout it is advised to slow down and reduce intensity to enable more oxygen to be delivered to the muscles.

With compliments John Leatch – Personal Trainer

WELCOME BACK TO OUR SWIM SCHOOL FOR 2012

Re-Creation Swim School resumes the week starting 6th February 2012. Please check the pool availability timetable to see when the pool is available for general swimming. Did you know that the swim school caters for all ages from 6 months onwards, group and 1on 1 lessons are available for adults or children of any ability levels. Did you know that your membership entitles you, your children and any family members to a free assessment?

With over 20 yrs experience our Swim School is highly recognized for its level of competency.

For your free assessments call and register your details today 9744 1501

Oxford Challenge 2012 Donate today for team "The Thunder Thighs" www.oxfam.org.au/trailwalk

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www.recreationhealthclubs.com.au