

# SUNRISE

Re-Creation



# SUNBURY

"Sunbury's number 1 Health Club"



• July 2010

## 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 2.00pm
SUNDAY	8.00am to 2.00pm

## Happy New Year

How many of us made New Years resolutions at the Start of 2010? And how far did we get? Here is your second chance, make the start of the New (financial) Year, a time to reassess those goals, make some new ones or just reward yourself for your achievements so far.

### Staff Profile of the month

Donna Scheurer, Receptionist (5 years)  
Married with two teenagers  
Favourite movie Sense & sensibility,  
Music Meatloaf/Bon Jovi, color purple and star sign Taurus. Loves working here because we have the best members ever, and she loves seeing them every day

## Get a friend or family member started and receive \$50 cash.

See Membership Office for more information.



Book in today for these NEW group sessions and speed up your results!!

### Below the belt (7:00pm Mon, Wed, Thurs.)

The best way in the gym to tone and sculpt your lower body!

This program is dedicated to firming and tightening up your tummy-hips and thighs in record time!

### % blitz (body fat blasting)(6:30 Mon, Wed, Thurs, & 6:00Fri)

Our specialty! This program incorporates all of the necessary requirements for rapid weight loss, nutritional advice, hard work and motivation is what you will find here!

### Strike force (boxing/kickboxing) (6:00 Mon, Wed, Thurs & 5:30 Fri)

A personal favourite, this is stress relief city! Take out your frustrations on the pads while getting a great fat burning workout AND picking up a new self defence skill, we train you from scratch so coordination is not an issue!

Your first week is a trial week with "unlimited access" to all sessions! (Up to 11 FREE classes!)  
So call 0438 072 934 to get started!

### Re-Assessments

With the start of the financial year we are watching more closely the actual achievements and results that are recorded on your program cards. We want to keep your programs current and results driven, so what you may notice is a sticky label attached to your card encouraging you to get a re- assessment or an update.

If your program card is missing we may have removed it, so we can check with you that every thing is ok. If you cannot locate your card ask at reception as we may have it and would like to make that direct contact with you to organise a reassessment.

### WOW!!! Well done Caroline G.

Caroline successfully climbed Mount Kilimanjaro in Tanzania. Caroline said that Jason's super training sessions prepared her and made the job easy. Well done Caroline



### Congratulations to.....

The Re-Creation Jets on their recent WIN!

The Re-Creation Jets won their third premiership at the Sunbury Indoor Cricket Tournament... Jason and fellow members of Re-Creation Sunbury secured the victory with a 30 run win. This month's timetable of when the Jets are playing is posted on the notice board, so let's support our team by attending their games and cheering them on for another winning season.

**"Success means getting your 'But' out of the way"**

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www.recreationhealthclubs.com.au