

Kincumber Gym Newsletter

April 2011

Movie Tickets or iPod?



For every friend you join in April YOU receive 2 FREE movie tickets.

Join 5 friends and receive a FREE iPod. **conditions apply*

Farewell Brenda

After 4 years, Brenda is leaving Kincumber Gym to commence a full time position elsewhere, with her last day being Thursday 21st April.

We want to acknowledge and thank Brenda for the fantastic service she has provided our members, and all the early morning starts she has done over the past 4 years.

Brenda is a big part of the Kincumber Gym family and we will all certainly miss her.

We wish Brenda all the best with her new career.

NEW Pre Teens

Introducing **Pre Teens** for 9-12 year olds
Monday 9th May 4pm-5pm

Pre Teens is a great way to introduce your kids to exercise in a safe and fully supervised environment.

They will learn about team work, but in a fun and non-competitive atmosphere.

Pre-Teens will do a variety of different exercises to improve their cardiovascular fitness, strength, mobility and flexibility.

Remember that our Teen Team program is also available for 12-14 year olds and is held on Tuesdays and Thursdays from 4pm-5pm.

Once teens turn 15 years old they can make the transition to a full member of the gym, meaning they will have a personalised program designed by an instructor and can attend the gym at any time that suits them.



Did you know that Kincumber Gym has donated over \$30,000 worth of memberships so far this year to your local sporting groups, surf clubs, schools and charities?

Easter Hours

Good Friday	22nd April	CLOSED
Easter Saturday	23rd April	9am-2pm
Easter Sunday	24th April	CLOSED
Easter Mon & Anzac Day	25th April	CLOSED
Tuesday Public Holiday	26th April	9am-2pm

Group Classes

Easter Saturday	9:15am 10:30am	Pump Boxing
Tuesday 26th April	9:15am 10:30am	Cycle Pump

Crèche will be closed over the Easter weekend



We wish all our members and staff a wonderful and safe Easter break.

A little bit of inspiration
"Age wrinkles the body,
Quitting wrinkles the soul".
Douglas MacArthur

FREE Spinal Check!

Eric from Champion Chiropractic will be providing FREE spinal Checks in the gym on **Monday 2nd May** from 6pm.
Please see reception to book in.

Did you know?

Bodies are creatures of habit - the more you exercise, the more your body learns to burn fat rather than storing it.

Special Mothers Day Class

Sat 7th May 8:25am

To celebrate Mothers Day, bring your kids along for a **FUN and FREE** mums & kids group class. All kids 9 years and over are welcome.



4 Reasons Why it's Important to be a Healthy Mum

- 1. They're watching**
Be a good role model for your kids and lead by example.
- 2. Keep up with them**
Life's much more fulfilling if you can keep up with your kids and be involved in their lives instead of just being a spectator.
- 3. Be your Best**
The healthier and fitter you are makes everything you do easier, including looking after your family.
- 4. The Big Picture**
Exercise and eat healthy today, and you will benefit in 30 years time, which means you will be more likely to be around to see



Congratulations Sarah for winning a \$25 Rebel Sport voucher for Liking Kincumber Gym on Facebook.

For your chance to **WIN a \$25 Rebel Sport Voucher** make sure you go to Facebook and "Like Us" by the **end of May**.