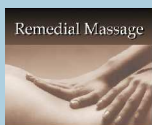


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KINCUMBER GYM

3/1 Kerta Road Kincumber ph: 4368 1215 www.kincumbergym.com.au

Newsletter August 2010

WIN \$1000

Refer your friends and go into the draw to WIN \$1000

Receive Bonus Entries for all your friends that get started on a 12 month membership



Locally born, owned and operated. Keeping it Local



Inside News

Group Class Changes start 6th September

Mon

Hip Hop 10:30am Change from Sat

Tues

ZUMBA 9:30 am *New

Cycle 10.30am change from 9:35am

Yoga 11:30am change from 10:30am

Wed

ZUMBA 5:30pm *New

Core Strength 6:30pm change from Tues

Thursday

Bicycle Bingo 11:30am *New Starts 26th Aug

Friday

Cycle/Box 4:30pm *New

Stretch 5:30pm Change from Wed



**ZUMBA
COMING TO
KINCUMBER GYM
SEPTEMBER**

We are really excited by the addition of 3 NEW classes.

- Zumba**
The fun exercise of Latin dance. Helps tone core, thighs and abs. Suitable for all to try.

- Bicycle Bingo**
Play bingo while you cycle. Weekly prizes to be won



- Cycle / Box**
30 mins cycle, followed by 30 mins boxing.

Online Member Survey

143 members completed our first online survey, with the majority of feedback really positive. This is some of what you told us.

96% - would recommend the gym
99% - satisfied with the overall service

86% - feel better about themselves
22% - see an outstanding improvement in themselves

Reception "The staff are always friendly, and make us feel welcome. It is good to be greeted with a smile"

Gym Floor "Not only are most of the gym floor staff helpful when "on duty", but there are some that offer tips and advice when off duty and training themselves"

Crèche "Excellent, lovely staff, great environment. I highly recommend it."

Group Fitness Classes "Great instructors, motivating, knowledgeable and fun"

Not all the feedback was good however, with a large number of members wanting more variety in the group classes.

"Service and staff top notch, excellent, a big part of why I recommend the gym to friends. But class variety is making me consider switching, which I don't want to do as I love Kincumber Gym."

We have listened to your comments which is the reason for the addition of 3 new classes in September.

Group Classes can be a challenge to coordinate. With every new class type, you need to source a minimum 2 instructors as a back up, and some classes incur additional licence fees. The timetable is always determined by instructor availability.

Some members have asked for classes that we have previously had, but had to cancel due to low numbers.

Another area we are working on is ensuring that our members receive their complimentary induction and regular reviews. These will help keep you motivated and on track.

We thank all our members who took the time to provide us with your feedback. With your feedback we aim to make Kincumber Gym a better place to work out at.

Words Of Wisdom

*A mans health can be judged by which he takes two at a time—pills or stairs. J
Joan Welsh*

Tucker Time

Birds Nest

Ingredients for 2 serves:

2 round wholemeal rolls
2 eggs 53g each
1/2 medium tomato
1 Tbp parsley
1 pinch of black pepper

Method:

Preheat oven to 200c. Cut lid from the top of each roll and scoop out the middle. Dice tomato and parsley: mix together. Break an egg into each roll and top with tomato mixture. Season with black pepper. Place lid on top of egg and bake for 15 minutes until the eggs are set.

Left over bread can be used as breadcrumbs.

Per serving. Protein 13g , carbs 26g, fibre 2.5g , fat 7g (2g sat)

Source. Calorie King

Beauty Therapy Treatments at the GYM

Nicky & Josine from Diamond Beauty are available in the gym (crèche) **from 1pm Tuesday to Saturday** to look after all your beauty needs.

Services and prices are located next to the notice board.

Ring ph: 0423 376 751 to book an appointment.

FREE Spinal Check

Champion Chiropractics will be providing Kincumber Gym members free spinal checks. The checks are a great way to determine your spinal health and can also help identify problems such as spinal curvature. Eric will be here:

Monday 6th Sept 5.30 - 6.30 pm

To register a spot for your free spinal check fill in your name on the spinal check register at reception.

