

Kincumber Gym Newsletter

August 2011

KINCUMBER GYMS **KILOMETRES** **FOR CHARITY**

Have you started your journey for the Kilometres for Charity yet?

Its not too late to participate.

All funds raised go to the Central Coast Kids in Need Charity.

How far can we all go?

Last count was 1000 kms!

Prizes for the member who does the most kilometres and the most consistent.

Finishes 31st August

For more regular updates check out our Facebook page.



Member of the Month

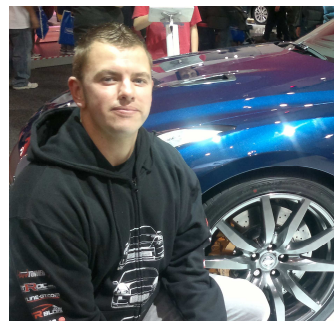
Jason Mankowski has been awarded Member of the month for August 2011.

Jason started at Kincumber Gym in January 2011 weighing just under 110kg, and due to his focus, commitment and dedication weighs 90kg.

He also started out with little muscle and after training is now around the 40% mark.

Jason's favourite exercises include renegade rows with knuckled push ups, bicep curls of any kind and an abdominal workout shown by Kelly using the fitball. His motivation was "to look as good as I possibly can get. I have always previously been the big guy and now it's changing for the better." Jason thanks Kincumber Gym staff for their professionalism and interaction, with special mention to John for his ridiculous tuna, green vegetable and brown rice diet and Michelle and Leesa for their knowledge.

"Next on my list of achievements is to fill my sleeves a bit more and have a bigger 6 pack for the summer beach season seeing as I have never had a beach body I'm quite proud and obviously maintain my current good health", he added.



Well done Jason, and congratulations on behalf of the team at Kincumber Gym.

Group Fitness Classes

We want to thank every body for supporting the Body Combat Trial. We are happy to announce that we will continue the Body Combat class at this time.

3 NEW CLASSES starting September !

Blitz **Thursday** **6:00am**

Body Combat **Monday** **10:30am**
 Saturday **9:30am**

Thank you to our 6am Blitz participants for your support. All through Winter the numbers were really high, so we have introduced an additional early morning class on Thursdays.

Numbers for the Pre Teens and Teens Class are being monitored.

Pre Teens Mondays 4pm
Teens Tuesdays & Thursdays 4pm

Remember to keep supporting the classes, if you want to see them stay on the time table.

*Thanks Phillipa
Group Fitness Coordinator*



Remember to show your Kincumber Gym membership card to receive 10% off your next sub at Subway Kincumber.

ASN Erina

Will be here this month to talk about supplements and answer all your questions.

Member Benefit Talk

When: Tues 6th Sept

Time: 7:30pm

Where: Crèche

Cost: FREE

Register at reception - Numbers are limited

Thank you to all our members who brought their friends along in July for our **FREE FRIENDS** month.

Barbeque Steak with Balsamic Mushrooms

Ingredients:

4 large flat mushrooms, thickly sliced
1/4 cup balsamic vinegar
4 steaks, trimmed
1 cup semi-dried tomatoes, chopped
1 olive oil cooking spray
Salt & ground black pepper



Directions:

Place mushrooms into a ceramic bowl. Pour over the dressing. Toss to coat. Cover and stand 15 minutes to marinate.

Preheat a barbeque plate on high until hot. Reduce heat to medium. Spray both sides of steaks with oil. Season with salt and pepper. Barbeque 4 to 5 minutes each side for medium or until cooked to your liking. Transfer to a plate. Cover with foil to keep warm.

Add mushrooms to the barbeque plate. Cook, tossing for 3 minutes until just tender. Transfer to a bowl. Add tomatoes and stir to combine. Place steak onto plates. Spoon over mushrooms and serve with jacket potatoes.

(Per Serving) Calories 298, Fat 13.0 g, Carbs 10.0 g Protein 37.0 g Sodium 492 mg Sat Fat 4.0 g Fibre 1.5 g Calcium 27.0 mg

Source: www.calorieking.com

Congratulations Liam Burrows



Liam made it all the way to the Australia's Got talent Grand Final. Liam has an immense talent, and is destined for international success.

"Move over Bublè... Liam has entered the building!"

Congratulations from all your fans at Kincumber

A little bit of inspiration.

"Some men have thousands of reasons why they can not do what they want to do, when all they need is one reason why they can."
Wills R Whitney