

Kincumber Gym Newsletter

February 2011

OPEN DAY 2011

Welcome

Kincumber Gym is celebrating its 6th Birthday



Saturday 5th March

9am – 2pm

Come along, have some fun, and support local business.

- Free jumping castle for the kids
- Giveaways
- BBQ
- Market Stalls
- Prizes
- Health Related sponsors
- Join the **CENTRAL COAST BEARS** and much more.

OPEN DAY CLASSES

- 9:15am Pilates
- 10:00am Teens 12-14 years
- 10:45am Blitz
- 11:30am Outdoor Zumba
- 12:15pm Preteens 10-12 years ***NEW**
- 12:30pm Mini Biathlon - 6 km ride & 2 km run
- 1:30pm Strong Man Challenge
- 2:00pm Muscle Endurance Challenge

**Under 18 year olds in classes must be accompanied by an adult.*

We are very excited to welcome two new Personal Trainers to Kincumber Gym to compliment our Training team—Kelly and Rachael.

Kelly and Rachael will be available for Personal Training, in addition to offering our members extra service.

Please help us make both Kelly and Rachael feel welcome.

Do YOU need a Personal Trainer?

A Personal Trainer can provide benefits that you can't get when working out by yourself.

Below are 5 reasons a trainer might be right for you

1. **Motivation** - If you struggle to stick to a regular and consistent exercise program, trainers will provide accountability and structure.
2. **Individual Training Program** - a trainer will provide you with a safe and sufficient program to help you achieve your goals.
3. **Efficiency** - Personal trainers will help you focus on results and get you maximum results in the minimum time.
4. **Improve Technical skills** - your trainer will incorporate skills into your training, so you not only improve your strength and endurance, but your agility and mental strength.
5. **Ultimate Fitness Coach** - will make you an effective, efficient, knowledgeable and confident exerciser.

Next month we will be bring you 5 more reasons why a Personal Trainer might be right for you.

Three Points Challenge

An extension on Boot Camp is the new

Three Points Challenge.

WHEN: Saturday 5th March

TIME: 6am (approx 3 hours)

COST: \$49

INCLUDED: 3 hour challenge plus BBQ and refreshments afterwards

WHAT YOU WILL NEED: Mountain bike

Top point scorer will get their money back.

To express your interest leave your name on the register in the gym.

For more information see our Boot Camp instructor John.

Are you up to the challenge??

Chicken Burritos

Ingredients

Spray oil
400g skinless chicken, thinly sliced
1 onion finely sliced
1 clove garlic, crushed
2 tbs tomato paste
400g can chilli beans
100g light sour cream
8 tortillas



Instructions

Spray a non stick pan with spray oil. Brown the chicken in batches and set aside.
Spray pan again, and fry the onion and garlic. Stir in the tomato paste and chilli beans.
Return the chicken to the pan and simmer for 5 minutes.
Remove from the heat and stir in the light sour cream.

Warm the tortillas in the microwave for 30 seconds.

Make up the burritos with lettuce, tomatoes, sliced red onion and salsa.

Protein 34.2g, Fat 14.6g, Saturated Fat 4.4g,
Carbohydrates 62, Fibre 8g,

Source Healthy Food Guide

A little bit of inspiration
"It's not where you start—it's
where you finish that counts."
Zig Zigler



Find us on
Facebook

Remember to go and "Like Us" on Facebook, so you can all be up to date with information about what's happening at the gym.

No Towel = No Training

At Kincumber Gym we strictly enforce the no towel no training policy. It is for hygiene purposes, and also ensures less wear and tear on the equipment. You might find it handy to always keep a spare towel in the back of your car, if not you can hire a towel for \$4, but they are limited.

FREE Spinal Check!

Eric from Champion Chiropractic will be providing FREE spinal checks in the gym on Monday 7th March from 6pm. Please see reception to book in.