

Kincumber Gym Newsletter

November 2010

Christmas Party!

....It's that time of year again, but this year we thought why not get the whole family involved. Come and celebrate the festive season with a game of barefoot bowls and a delicious BBQ buffet. If you can't find a baby sitter, children are welcome.

WHERE: Avoca Beach Bowling Club

WHEN: Saturday November 27th

TIME: 4:30pm for a 5pm start

COST: Adults \$30

Children (<12) have two options

1. Bowls and BBQ buffet \$15
2. Bowls/Nugget meal (+soft drink & ice cream) \$12

**Please register and pay at reception
before 20th November**



KIDS Crèche CHRISTMAS PARTY

WHERE: Crèche

TIME: 8:45am – 12noon

WHEN: Monday December 13th

Please buy a present to the value of \$10, wrap and label it with your children's name and place in the Santa Sack at reception. Fairy bread and fruit will be provided. Santa will be arriving at 10:30am

Class Timetable Changes

Tuesday morning Zumba and Cycle will start at 9:15am and Yoga will move to 10:30am from 30th November.

Remember the following classes start at 9.15am.

Monday—Pump

Tuesday—Zumba

Wednesday—Cycle

Thursday—Boxing Fit

Friday—Pump

Thanks, Phillipa Group Fitness Co-coordinator

Inspirational Story....

Kath Orth

Kath has always enjoyed a challenge, but having the same routine for many years and unfortunate bouts of illness: including Ross River Fever, viral meningitis and swine flue, felt that her training was lacking.

Kath thought a mini triathlon would put the spark back into training, and chose "Triathlon Pink" for women only, which promotes the National Breast Cancer Foundation.

Being Kath's first triathlon, she realised she needed some help to prepare. Kath employed Les for some Personal Training and her partner David for some swim coaching.

Kath trained hard for 6 weeks, 3-5 times a week prior to the event.

Yes—there was blood, sweat and tears but there was also lots of fun and laughter which made the experience a rewarding one. There were improvements every week, which kept Kath and her trainers motivated.

On the day of the triathlon nerves were flying high, and having to battle extremely strong head winds Kath was determined just to finish the race.

Thanks to Kincumber Gym, my Personal Trainer - Les, my swim coach and partner -David, and family I exceeded my expectations, finishing in the top 4%!

I have now registered for the Melbourne event next year and enrolled to complete my Diploma of Fitness.

My personal challenge has put the spark back into my training.



FREE Spinal Check! Monday the 6th of December 5.30pm—6.30pm.
Please book at reception.

Boxing Fit...

If you think Boxing Fit is just for the rough and tough, you're wrong. Boxing continues to be one of the most popular fitness regimes around. If you want a lean, toned and strong body then Boxing Fit is for you. Boxing is very much a social sport, with classes concentrating on pad work and sparring. Benefits include weight loss, increased agility, coordination, muscle tone and overall improved fitness. It's not just about working out the arms, it's a workout for your whole body. Boxing is very much a high repetition workout, so you'll see tone rather than muscle bulk. It's also very empowering. Make sure you use correct technique and prevent unnecessary strain on your wrists.



BOOT CAMP 2011

1st Group Mon 7th Feb—Fri 4th March

Places are strictly limited, and with both groups booked out this year, you need to get in quick.

See reception for more details.

A little bit of inspiration
"The bad news is time flies. The good news is that you're the pilot"

Don't keep us a secret!

We are on Face Book and currently have over 100 people following us. Search for Kincumber Gym and keep up to date with the latest news and Information.

Thank you to everybody who donated and wore pink on our pink ribbon day. We successfully raised over \$300, a tremendous effort!



We Welcome BEN to the Kincumber Gym team. I am sure you will make Ben feel welcome.

MOVEMBER MADNESS



To join our Team follow these easy steps.

1. Go to <http://au.movember.com/>
2. Go to register tab and follow instructions
3. You want to be a Team Member (Join a Team)
4. Search joshua lucas or Kincumber gym
5. Follow instructions to make a donation

Men's Zumba Friday 19th 6pm.

Don't stress it's only 20 minutes, then the girls can join in.

Gold coin donation to participate or watch.

As an incentive, there will be a bottle of beer for the first 24 guys in.

(You must be over 18 years of age to get a beer!).

Core Strength Challenge — Friday 26th Nov 6pm

A battle of the sexes, a core class followed by some challenges.

Prizes to be won.

Gold coin donation to participate.