

Kincumber Gym Newsletter

October 2010

Welcome....

.....to the 'new' Kincumber Gym Newsletter. Each month we are going to be throwing you some great tips, hints, ideas, shakes and a special from one of our sponsors. So enjoy! Please give us any feedback on what you think about the newsletter and any ideas on what you would like to see in here.

Have a great month!
Josh & Bel

New Members - Have you completed your Around the Gym in 30 days?

When completed you will receive a **ONE MONTH FREE VOUCHER** for a friend. A great way to keep you motivated and on path to reaching your fitness goals.

Did you know?

Spinning the Hula Hoop isn't just kids play - as well as working your abs, hips, thighs & lower back muscles, hula hooping can burn 420kj's (100 Calories) in just 10 minutes!

Timetable Changes from November

All our morning classes will start from 9.15am.

Monday—Pump

Tuesday—Zumba

Wednesday—Cycle

Thursday—Boxing Fit

Friday—Pump

This change is to help crèche with the crossover between classes, help the 10.30am classes start on time and to ease congestion in the gym and the car park. This is a trial and will be monitored.

Thanks, Phillipa. Group Fitness Co-ordinator

Kincumber Gym is entering the social world!!

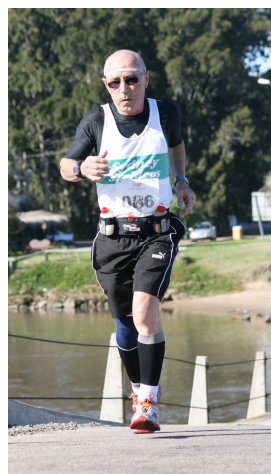
Very soon you will be able to find us on Facebook and Twitter

Don't keep us a secret!

Inspirational Story....

Heiko Schaefer

Heiko Schaefer has just returned from South America where he completed a marathon in Uruguay. This was marathon number six, a determined mission to successfully complete a marathon in each continent. The highlight of his journey will be the Antarctica marathon in February 2011. There is a strict limit on the number of runners who can be transported to the venue, and Heiko who has been waitlisted for the last three years, now has a guaranteed start for the 2011



By the way, Heiko won his age category in his latest marathon and attributes his success to being a regular participant in Emma's Yoga classes- "keep holding that pose just a little longer". Heiko strongly believes that Emma's classes really help to train the mind to continue even when the body thinks it is time to give up. He sincerely thanks Emma & Kincumber Gym for making these classes available. Goodluck to Heiko in 2011 in his

FREE Spinal Check! Monday the 1st of November. 5.30pm—6.30pm.
Please see reception to book in.

Kincumber Gym 'the healthy alternative'

Phone: 4368 1215
www.kincumbergym.com

Tips from Les : KETTLE BELL TRAINING

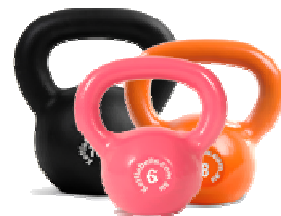
Australian Kettle Bells have provided us with how Kettle Bells can add to your training in the month of October.

"Everyone can benefit from a regular kettle bell workout. A kettle bell workout will develop your core- back, hips, & trunk. You'll also burn fat at an amazing rate and exercise your cardio-vascular system. Because you're working many components of fitness at once, workouts are more effective and time efficient" (Australian Kettle Bells- <http://www.kettlebells.com.au/>)

Les's benefits of Kettle Bell training:

1. Compound Exercise
2. Combination of Cardio and Resistance Training
3. Can be added to your program to increase intensity
4. Develops explosive power and strength
5. Great way to burn calories

PLEASE SEE A
TRAINER TO RUN
THROUGH CORRECT
TECHNIQUE



A little bit of inspiration
"The first step towards getting somewhere is to decide that you are not going to stay where you

Have you tried Zumba yet?



Come and join us for a laugh and some fun!

Tuesdays at 9.30am

(9.15am in November)

Wednesdays at 5.30pm

You need to get in early to grab your pass for the class from reception. Limited numbers!

Congratulations Helen!

Congratulations to Helen who won the \$1000 Referral Campaign. Thank you to everybody who referred someone



Christmas Party Time!!!

It's nearing that time of the year again where we all need to celebrate the great year we have had and the achievements we have made. Put a note in your diary for the 27th of November. More details to come!

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.

Thank you to everybody who donated and wore pink on our pink ribbon day. We are still raising money and will have the tin at reception till the end of this month, so please donate. We will let you know how much we raised in next months newsletter.



Get ready for Movember next month!!

Your Opinion Matters.... If you have any feedback on the gym or staff & instructors we would love to hear your thoughts. Look out for our Feedback box located near the program files.