

IT ALL BEGINS WHEN YOU DO

Re-Creation 
Health Clubs

Update

KEYSBOROUGH

DEC/JAN 2011



Re-Creation Trading Hours

MON-THUR	6.00am – 9.30pm
FRIDAY	6.00am – 8.00pm
SATURDAY	7.00am – 5.00pm
SUNDAY	9.00am – 3.00pm

NEW EQUIPMENT

Because you are all such a wonderful group of members and we want to keep you happy and motivated we will be running an ongoing equipment upgrade program to bring you the latest and most popular pieces to work out on. You will have noticed in the mixed gym the recent arrivals of a Rotary Torso machine for honing and toning your Obliques, two new Cybex bicep and tricep machines to build your arms, a new back rowing machine from Calgym, two new utility stools ideal for arm and shoulder free weight work and in the cardio area the addition of two new Nautilus Stepmills for fitness, fat burning and working out your Hips and Thighs. These machines may feel a little stiff to you right now but they will loosen up through ongoing usage. As we are committed to an ongoing equipment program feel free to put forward your recommendations for consideration.



Re-Creation Keysborough would like to wish you and your families a very Merry Christmas and a safe and happy holiday period. Please collect a copy of the Christmas and New Year's club hours and classes timetable available from Reception.

MERRY FITNESS

Watch out for your Re-Creation Christmas Card which will be mailed mid December. It contains 2 x "12 Days of Fitness" passes to hand on to family or friends.
Merry Christmas from our family to yours.

AIR CONDITIONER

Please let reception know if you need more or less air. It's always difficult to please every client in regards to airflow. For some members it may be too cool and for others too warm so if you are not comfortable then simply approach our reception and see how they can assist. As you can appreciate its difficult sometimes to keep everybody happy but we can endeavour to find a happy medium.

SPECIAL REQUEST TO MEMBERS

Please do not touch or modify in any way or form the sound systems in our Group Exercise Studio or Spin Room. This can affect the performance of the microphone and also the volume of sound emanating from these exercise studios. Our volume controls for CD and MP3 are preset to meet local bylaws so please do not touch.

LONGER HOURS IN 2011

We know that a lot of your friends would come here if we were open for longer so here is some very exciting news for you for next Year. Effective from Monday 31st January 2011 we will be open for longer for your convenience. We will be initially trialling these new hours for six months up to the 03/07/2011 and then all going well they will either become permanent hours or may have some modifications according to client usage patterns... So tell all your friends who would love to be here if only we were open longer that as from the 31st January our new longer hours will be:

- **Monday to Thursday** **6.00am -11.00pm**
- **Friday** **6.00am-10.00pm**
- **Saturday and Sunday** **8.00am-6.00pm**
- **Public Holidays** **8.00am-6.00pm**

**"For your personal hygiene
Please use a Sweat towel
when working out"**

When I talk it is a whisper...when I act it is a roar. FLETCHER JONES

330 CHELTENHAM ROAD, KEYSBOROUGH PH: 9798 8155

EMAIL: enquiries@recreationkeysborough.com.au www.recreationhealthclubs.com.au