

REAL LIFE FITNESS

NEWSLETTER

August 2018

A gym for REAL people

Welcome to our first newsletter.

It has been a great first 12 months thanks to all our members. From taking a bus trip down to Sydney to tackle the R.O.C. challenge last year, to Barefoot Bowls and all the other social events we have done. Apart from that, we have all enjoyed working out in a friendly environment.



If you have not yet tackled one of our monthly challenges, don't be shy and give them a go. It is a great way to challenge yourself every month and there is a prize every month for the male and female winners.

A couple of dates to save in your calendars.

Sunday 18th November 7am – This is the day that we will be having our ultimate challenge for all the monthly challenge winners and will crown Mr & Mrs Real Life for 2018. We will be looking for some volunteers to help time keep on the day and I am sure the competitors will need some encouraging cheering from the crowd.

Saturday 1st December – Our Christmas Party for 2018. Mayfield Bowling Club with entertainment by Cruzers (Sergio's band). Band kicks off at 8pm. Bistro available for anyone wishing to eat and kids are welcome.



We're a finalist in the
2018 Local Business Awards

Thank you to everyone that
voted for us.



A Gym for REAL people



Some Housekeeping Reminders:

- **Class bookings** – we have mentioned this previously, but are still finding people are doing a “no show” to classes. Bookings should be done for every class so that we can plan the classes accordingly and can be booked up to 2 weeks in advance. If you are unable to attend, you can cancel the class up until an hour before the class commencement time. If the class is fully booked and there are people on the waiting list, doing a “no show” might have stopped someone else having the opportunity of participating. Also, if the class is an early morning class, cancelling your spot late at night might mean that someone on the waiting list is already asleep and doesn’t get notification that they have a spot. We ask that you be considerate of your fellow gym members and remove yourself before 9pm if you are not going to attend. Obviously there are extenuating circumstances where you may have taken ill late at night, or the alarm doesn’t go off, but hitting snooze and not getting up doesn’t count as an extenuating circumstance.
- **Hygiene** – please be considerate of your fellow gym members by keeping an acceptable level of hygiene. It is not pleasant for other gym members to be near “bad smells”.

Gym Member Recognition

Look out on our Facebook and Instagram pages as we will be starting a gym member recognition post. This is to acknowledge someone who has either achieved a personal goal or has helped others in some way or another.

Social Event

We are looking at having a bus trip to the vineyards soon which is kindly being organised by Ben Howard. This will involve a trip to the vineyards for wine tasting and lunch. Numbers will be limited to approximately 20 people so it will be first in best dressed and your spot will only be secured once you have paid for the cost of the day. More details to come later.

Workout To Try!

Not sure what to do one day in the gym, then use the following to shake up your workout. You could spell the name of the day, or your name or anything else you might think up.

- | | |
|----------------------------|----------------------------|
| A = 50 Star Jumps | N = 40 Star Jumps |
| B = 20 Crunches | O = 25 Crunches |
| C = 30 Squats | P = 25 Bench Dips |
| D = 15 Push-Ups | Q = 25 Burpees |
| E = 1 min Wall Sit | R = 15 Push-Ups |
| F = 10 Burpees | S = 30 Squats |
| G = 2 min Run | T = 3 min Wall Sit |
| H = 20 Squats | U = 30 Bench Dips |
| I = 2 min Bike Ride | V = 3 min Run |
| J = 20 Burpees | X = 30 Crunches |
| K = 10 Push-Ups | Y = 3 min Bike Ride |
| L = 2 min Wall Sit | Z = 25 Star Jumps |
| M = 20 Burpees | |



*SURROUND YOURSELF WITH PEOPLE WHO
ARE GOING TO MOTIVATE AND INSPIRE YOU..
SEE YOU BACK IN REAL LIFE FITNESS !!*

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