

Health Club Happenings

www.barossarfc.com.au
P: 08-85632766



Jan/Feb 2012

What's On:

- Feb 27 - 12 Week Fitness Challenge Starts with 3 groups allowing for 30 participants !!!
6am, 10am and 7pm

Upcoming Events:

March

Strength and Conditioning Workshop

TRX Workshop

(Bookings required—there is an additional cost for the S&C Workshop)

April

Les Mills Super Class

Kettlebell Workshop

Congratulations!



To all our members and staff who completed the Tour Down Under Bupa Challenge!

The Rex will enter a team in next year's Challenge and we hope you'll come along for a ride!

12 Week Fitness Challenge

There are still some morning spots available for the 12 Week Fitness Challenge kicking off on February 27. This challenge is a great way to increase your health and fitness, lose body fat through nutritional changes and structured exercise and work in a supportive group environment with daily accountability to keep you on track! Ian Devlin—winner of the 2011 Challenge - lost 10kgs and 7.1% body fat and has managed to lose even more over the Xmas holidays by continuing to practice smart nutritional programming. For more information, see Diana.



Group Running Training

Ever wanted to run a 5km or 10km race? What about a half-marathon or even better a full one? Here's your chance to get together with other runners and those new to running to train in a fun, social environment. Every Tuesday night at 6pm, new and experienced runners can now meet at the Rex and train together for upcoming races or just general fitness. The weekly runs will vary between endurance (LSD) runs, speed work and intervals, hill runs and will cater to all levels of runners, including beginners.



Upcoming Events:

Barossa 5, 10, Half and Full Marathon
May 27

Clare 5, 10 and Half Marathon April 1

Adelaide 10, Half & Marathon Aug 19

City –Bay Sept 27

Anyone can be a runner! Join us!

Strength and Conditioning Workshop

Look out for our upcoming Strength and Conditioning Workshop in March. Led by a fully qualified Strength and Conditioning Coach, these hands-on workshops will run for two hours over three Sunday afternoons and will focus on set up, technique, safety, and common mistakes. Focusing on such big lifts as squats, lunges, deadlifts, presses and rows, these workshops will be fully participatory so here's your chance to learn how to do these moves safely and correctly! Spaces are limited so book in the gym office now. Note: There is an additional cost for this workshop.



ATTENTION HEAVY LIFTERS:




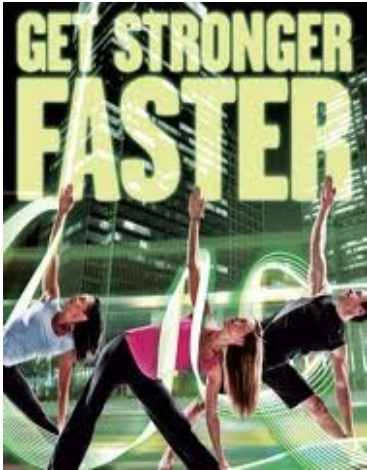
More Equipment on its Way to Help You Reach Your Strength Goals!

You have been asking for it—a lot! - and now its on the way. A new Nautilus Squat Rack has been ordered and should arrive soon. In addition, more and heavier dumbbells are on their way so there won't be as much waiting around for the weights you need to complete your workout.

Of course, please remember that you should return weights in between sets so that other users can access them while you are resting.



If only it was that easy!

MEMBER PROFILE: Dean Goodwin	STAFF PROFILE: Lisa Burgess	CLASS PROFILE: 
 <p>At 82 years old, Dean is stronger than a lot of men half his age and he's worked hard to get that way. Dean trains 2-3 times a week for two hours—the first hour on his own and the second hour as part of the Rex's Strength For Life Program—a group exercise class for over 50s designed to build strength and increase cardiovascular fitness. Dean says that coming to the Rex not only keeps him physically fit, but also allows him to socialize with others who share his enthusiasm for exercise.</p>	 <p>The newest member of the Rex Health Club Team, Lisa Burgess, supervises the gym floor on weekends and Wednesday evenings. Lisa is a fully qualified Personal Trainer, certified in Punchfit Boxing, and competes in Muay Thai bouts both interstate and intrastate. A Barossa girl from Angaston, Lisa also can be seen patrolling the decks of the Rex pool as one of our Lifeguards. She will be happy to help you with any of your fitness questions or assist you in anyway on the gym floor!</p>	<p>A popular wellbeing class with a difference, Les Mills BodyBalance combines elements of yoga, pilates, and tai chi with core strengthening exercises designed to challenge your body in a whole new way.</p> <p>Mon 9:15 am with Nicole (new class!)</p> <p>Thurs 10:15 am with Nicole</p> <p>Thurs 6:30pm with Susie</p> 

Train Smart, Eat Right

Did you know that 80% of your body composition results are determined by your nutrition? That's right, you can slog it out in the gym but if you then go home and eat the wrong foods—well, you're just wasting your time! Dial in your nutrition and get better results now! Here's a great, easy recipe to help you increase your veggie intake while keeping the calories and carbs low:

"Better than Mashed Potatoes"

Garlic Cauliflower Mash

Break one cauliflower head into pieces and microwave until soft. Puree cauliflower then add 1T butter, 2 cloves chopped or minced garlic and 1t salt, Continue pureeing until it reaches a smooth, creamy texture. Enjoy!

If you need help with your nutritional strategies or you aren't getting the results you want, book a session or package with one of our fully qualified personal trainers. They'll get you on track!

