

JUNE (2009)



## WELCOME TO THE HOME OF HEALTH AND FITNESS

### GETTING STARTED THIS MONTH

Welcome to all our new members, returning members, and not to mention our long term, been here forever (part of the family) members! There is a lot happening this month so keep your eyes open (like a Mannatech supplement tasting night on the 22<sup>nd</sup> of June- 5pm-7pm – in the gym foyer).

### SUPPLEMENTENTS

The price list for June is up and we are now taking orders. Our products are top of the range and could be a vital part of attaining your goals. Not to mention that there are **discounts for members!**

### GO FOR GOLD!

**Attention Swimmers...** Go for Gold is well underway and this year has seen an increase in numbers... It is fantastic to see so many people being active and most importantly having **FUN!** If you have always wanted to swim, but never learnt how... contact Dayna or Shayna at SwimMagic (Adult lessons only \$55 for 5 ½ hour lessons). These guys are really amazing at what they do!

### JUNE MADNESS!

This month there is **NO JOINING FEE AND THE FIRST MONTH FREE** (on all 12 and 24 month contracts).... Offer ends at the end of June 2009. Bring in your friends, family, and workmates to invest in their health, fitness, and lifestyle.

### GROUP FITNESS UPDATE

Over the next few months we are looking at introducing a few more Revolution classes in the evening. At this stage it looks like a Monday or Tuesday night will be joining the current Thursday night class.

### EXERCISE OF THE MONTH

#### 1 ARM – 1 LEG BENT OVER ROW (BENCH)

**TARGET AREAS:** thighs, butt, back, arms, and AB's. This exercise can really challenge your proprioception. Combining the upper and lower body to enhance not only muscular strength/endurance, but also posture, alignment, and balance. Get the team to give you a demo....

### CLM TREADMILL CHALLENGE

Coming this month! Test your ability on the treadmill, challenge yourself, or compete with your training partner...As always "bragging rights apply"!!! See Tony to get things going!

### FEEDBACK AND SUGGESTIONS

Keep it up, no matter how small the concern as it keeps us on our toes... and the positive feedback keeps us striving for more! A detailed survey will be sent out over the next few months, we value your input!

Check out [vouchermate.co.nz](http://vouchermate.co.nz) on a regular basis for amazing membership promotions (get your friends and family active).

**KEEP LIFE ACTIVE! THE CLM HEALTH AND FITNESS TEAM!**

### MEMBER OF THE MONTH!



### GINO!

This month Gino taught himself to swim and in the process completed over 65km in the pool! At times this meant Gino was in the pool for over 9 hours.... Bloody legend! **Well done from the CLM Health and Fitness Team!**

## MEMBERS BRING A MATE FOR A FREE GYM SESSION DURING JULY 2009

EXCLUDES PEAK HOURS – VOUCHER MUST BE PRESENTED AND THE BEARER MUST BE ACCOMPANIED BY A MEMBER