

CLM HEALTH & FITNESS OTAHUHU

MEMBERS NEWSLETTER

October 2011

Kia ora people hope everyone is enjoying there time here at Otahuhu CLM and feeling great. Here are some up coming events to keep you up to date with what's going on.

8 WEEK CHALLENGE:

You want to look good for summer? Or better yet do you want to look good for the rest of your life? Then join our 8 week challenge starting up on the 25th of October to start your way to looking good and feeling great. With the start of the South Auckland Weight Loss Centre at our facility, All members that are on the 12 month memberships are entitled to participate in the 8 week Challenge at **NO ADDITIONAL COST**. For more info see Dave the meanest Nutritionist.



BOOTCAMP:

What is Boot camp?

Boot camp is a training program that operates 2x per week training as a group using various training methods to gain the best fitness results possible over a 4 week period. Boot camp uses military style training methods to illicit the best fitness results possible and because you are training in a group environment you will be pushed to your absolute maximum. With summer just around the corner why not join up now. Start date is the **10th October \$25 for members \$50 Non members.**

Mondays and Wednesdays 6:30pm – 7:30pm. For more info see either Tai or Maximus.

REMEMBER GO HARD, GET LOST, OR GO HOME.



OTAHUHU CHRISTMAS CELEBRATION:



This years Christmas event will be held on Fairburn Reserve (next to the rec centre) on the Saturday 3rd December from 10am – 1pm. The Otahuhu Recreation & Youth Centre is working with Otahuhu Main Street & Auckland Council to put on this event. This year's event is going to be focused on "Christmas & Community" with community groups from schools and local churches providing the entertainment. We are organizing the stage entertainment so if you, your school or church is keen to participate talk to Christine or Gloria at front desk.

PRE DIWALI INDIAN CELEBRATION EVENT:

On Friday 7th October the Indian in style Expo will be held here with lots of nice Indian merchandise to buy, from Indian style clothing, hand bags, purses, jewellery, furniture and much more. In keeping with the theme "BOLLYWOOD STYLE" Zumba Classes will be held in the regular Zumba time slots during the school holidays. These classes will be free. So come on down and enjoy the festivities and the beautiful culture of India.



CLM BODY BUILDING COMPETITION:

If you think you have the body of Arnold Schwarzenegger, Peter Andre, or Max, then why don't you enter the CLM body building Competition? Competition Starts on 3rd December. For more info on this, see one of the Fitness Instructors or look out for the Posters which have this information around our CLM site.

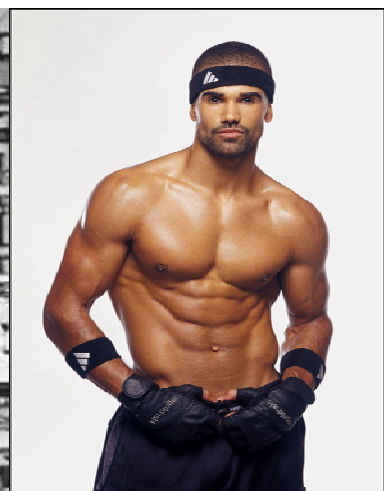
Peter Andre



Arnold Schwarzenegger



Max



SCHOOL HOLIDAY PROGRAM:

Chill Out School holiday program for 5 – 13 year olds starts on the 10th October. All of the usual fun games and activities that the kids love. \$50 per week 9am – 3pm.

CYFS accredited and WINZ subsidy available.

For more info see Gloria on Loni at front desk.



AFTER SCHOOL KIDS PROGRAMMES TERM 4:

MEGA ACTION MARTIAL ARTS – Wednesdays 3.30pm – 4.15pm

Starts 9th November – 6 week programme

\$15

JUNIOR TOUCH

Based @ Murphy Park

Starts Wednesday Nights 5.30pm – 7pm – 8 week programme

\$10

FUTURE BREAKERS CLUB

Junior Basketball Programme – assisted by NZ Breakers

Fridays 4pm – 5pm

Starts 28th October – 8 week programme

\$24

For more information or to register contact:

Otahuhu Recreation & Youth Centre

30 Mason Avenue Otahuhu – Ph: 276 8207 – Email: glc@clmnz.co.nz