

IT ALL BEGINS WHEN YOU DO

Re-Creation   
Health Clubs



# Update

TRACKSIDE

FEBRUARY 2011

### Re-Creation is Open for You

MON-THUR	6.00am to 10.00pm
FRIDAY	6.00am to 9.00pm
SATURDAY	7.30am to 6.30pm
SUNDAY	8.30am to 6.30pm

### Off Peak Hours

MON-FRI	11.00am – 4.00pm
SAT & SUN	12 noon to closing

### Creche Hours

MON	8.30am to 12.00pm
TUES	8.30am to 12.00pm
WED	8.30am to 12.00pm
THURS	9.00am to 12.00pm
FRI	8.30am to 12.00pm
SAT	8.25am to 12.00pm

### NEW BEGINNER CLASSES FOR 3 YEAR OLDS.

This is a crucial time in a child life where their confidence is high but skills can be low. Do not miss this extremely important swim class for this age group

Lots of new children are joining us this year and classes are filling up fast. Please make sure you complete a re-enrolment or new student enrolment form to secure a place for Term 1.



### CLASS OF THE MONTH

Tuesday 8.30am Mat Pilates with Mee.

We invite you to bring along family members and friends to this class during the month of February.

Please remember to sign your guest in at reception.

### SWIM SCHOOL NEWS

TERM 1 DATES – MONDAY 7<sup>TH</sup> FEBRUARY – SATURDAY 9<sup>TH</sup> APRIL

This is a 9 week term with no classes running on LABOUR DAY [Monday 14<sup>th</sup> March]

### CRECHE

If you miss out on a place in the crèche at Hampton remember that we also have a beautiful crèche at East Brighton which is happy to take last minute bookings. Now there is no reason to miss out on your favourite classes.

### NEW PILATES INSTRUCTOR TO TUES 8.30AM

Feedback for our Saturday 9.30am Body Balance fill in instructor has been fantastic and now we welcome the very skillful and knowledgeable, Mee Kuan, to Tuesday morning. Come in early and get your Pilates fix with Mee. Your body will thank you!



### WHY PILATES?

Pilates was originally developed to improve athletic performance, prevent and treat injury. Pilates offers improved posture, greater muscle strength and improved flexibility. There are several forms of Pilates and these include MVE and mat Pilates which are offered at Trackside and also now at our East Brighton club.

Like to advertise in this space and reach over 5,000 new people? Contact Mauro on 9584 7233