

December News

www.healthworksfitness.com.au

HIIT CLASSES AT CLEVELAND

Our HIIT (high intensity interval training) classes are now up and running at Healthworks Cleveland. These classes run for 45min Monday, Wednesday & Friday at 5am with Matt and focus on strength, endurance and cardio training to give you amazing fitness results super quick! Last class for 2016 is Friday 23rd December, classes will start back Wednesday 18th January 2017.

Non-members welcome!

\$15 per class or \$150 for a 12 class pass.
No bookings required!

Email for more information:
cleveland@healthworksfitnesscentres.com.au

MEMBER REFERRAL

Do you have a friend who is looking to get fit? Give them the extra nudge they need and by referring them you receive 2 weeks free membership! Got 3 friends? They all join and you get 6 weeks free! All they need to do is pop your name down on their Membership Application Form and we will add 2 weeks free membership to your subscription!

CHRISTMAS HOURS & TIMETABLE

Not sure whats on over Christmas? Our up to date hours and group fitness timetable is available on our website and on our Facebook pages!
www.healthworksfitness.com.au

LADIES ONLY!

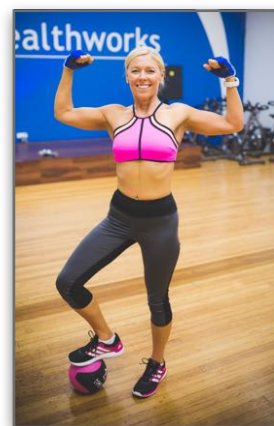
At Victoria Point we have our very own Ladies Only Weight Training studio! Open 24/7 so you can train whenever you like in your own private room! If you need help with the equipment or are looking for some motivation, book in with one of our friendly trainers for a personalised program to get you going!

HEALTHWORKS 6 WEEK CHALLENGE

WOW!!! Our third 6 week Better Body Challenge is now complete! Everyone who entered the challenge gained AMAZING results but our lucky winner this round was HELEN RENN!!

Helen lost an amazing 7% body fat and gained 0.5kg of lean muscle! We are super proud of her!!

Imagine what you could do in 6 weeks if you put your mind to it! Our next challenge starts on Monday 13th February!! See reception for more information or to put your name down!



Healthworks
6 week Challenge
Starting Monday 13th February
WIN \$500
PLUS A FREE PHOTO SHOOT!

DIY Only \$49
Includes:
• Entry into the challenge
• 2 x Inbody Scans (start and finish)
• Comprehensive Exercise & Nutrition Guide

Need a little more help?
• Add a personalised 6 week exercise program for an extra \$50
• Add 6 Personal Training sessions for an extra \$200
• Add 12 Personal Training sessions for an extra \$400

BODYPUMP 100

Come and join in the world's biggest workout on Saturday 14 January 2017 when we join the global launch for BODYPUMP 100!! We will be launching at both Cleveland and Victoria Point at 9am, call the club to reserve your spot!



BABIES!

Huge congratulations to all our staff who have had babies the last few months also!!

Ashley & his wife Nikita welcomed their first baby, a little boy, Evan Graham Walker, on the 3rd October weighing 7lb.



Dan & his wife Lisa also welcomed their first baby, Henry Robert Parham weighing 7lb 4oz on the 9th October.



Matt & Kacie had their third child, another boy, Ty James Newlands born 3rd June and weighing a chunky 10lb 7oz.



INBODY SCANS

At Healthworks, we are lucky enough to have our very own InBody machine to give you a clinically comprehensive body composition analysis. The scan is non-invasive, quick and provides information on your body fat, skeletal muscle mass and segmental muscle mass as well as much more! Scans are only \$30!

2017 GROUP FITNESS TIMETABLE

We have a new timetable starting from Monday 9th January so be sure to download your copy from our website in the new year. We have an additional RPM class starting at Cleveland on a Sunday at 8.15am with Ash so mark your calendar so you can join in all the fun!

WHAT IS CXWORX?

Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favourite sports - it's the glue that holds everything together. All the moves in CXWORX have options, so it's challenging but achievable for your own level of fitness. During the 30-minute workout trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises. CXWORX is a results program with quick gains that make you stronger and leaner. You can continually challenge yourself, regardless of your own fitness level.

MERRY CHRISTMAS!

We would like to take this opportunity to thank all our members for a wonderful year and we hope you and your family have a very merry Christmas and happy New Year! We have lots of exciting things planned for next year so keep an eye out in club and on our Facebook pages for updates! Remember our clubs are open 24/7 so if you need a 24hr access card please see one of our friendly staff during opening hours!

CHRISTMAS HOURS

CLEVELAND & VICTORIA POINT

FRIDAY	23 Dec	5.30am - 12.00pm
SATURDAY	24 Dec	24hr access only
SUNDAY	25 Dec	24hr access only
MONDAY	26 Dec	24hr access only
TUESDAY	27 Dec	24hr access only
WEDNESDAY	28 Dec	5.30am - 7.30pm
THURSDAY	29 Dec	5.30am - 7.00pm
FRIDAY	30 Dec	5.30am - 12.00pm
SATURDAY	31 Dec	24hr access only
SUNDAY	1 Jan	24hr access only
MONDAY	2 Jan	24hr access only
TUESDAY	3 Jan	5.30am - 7.30pm
WEDNESDAY	4 Jan	5.30am - 7.30pm
THURSDAY	5 Jan	5.30am - 7.00pm

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Healthworks
Fitness Centres

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