

Member Newsletter

Issue 18: July 2011

www.sparta.co.nz

FOCUS on progress, NOT perfection!!!



Massage at Sparta....

what does \$1.40 per day over a month buy you??

30 Mins of Wonderful Massage time—BOOK at reception TODAY!!!!!!!



.....to Josie and Michael who are both leaving us after years of wonderful service to our great Club. We wish each of them the very best in their new endeavors. Josie leaves us to focus on being a full-time Mum and Wife and Michael has a wonderful new challenge as Floor Manager at Elite Fitness Equipment Hire in Hastings. Both Michael and Josie finish Friday 15th July. We are going to say goodbye to both Josie and Michael at East Pier on Saturday July 16th 12.30pm. If you want to join us please let us know by registering your details at reception or popping in to East Pier on Saturday 16th July.

Welcome to Dahl Gurdit-Singh who joins us as the new Assistant Manager, taking over from Josie. Dahl is already teaching RPM here at Sparta and he brings a wealth of experience to our great club.

You will see Dahl around the Club a lot so feel free to say hi

SOMETHING NEW CX30!!!!!!

.....are you dying to try something NEW!!!.....watch this space there is something fantastic coming to your club!! ...

WORK YOUR
CORE
Like never before
....only 30mins....



TELL YOUR FRIENDS! NO JOINING FEE! + 2 FREE PT SESSIONS FOR NEW MEMBERS!



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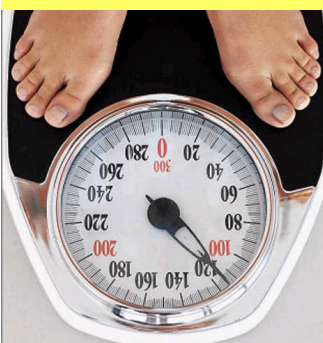
IT'S FREE!! IT'S UPSTAIRS! IT'S ONLY 45MINS!



NAPIER.... Huge 30% off RRP of all sports shoe range for all Sparta Members **plus** 15% off all shoes that are already on sale. Get in quick and grab a great pair of trainers.

The Big Move around was a huge success! Thanks to David Burch, Greg Ross, Roni Nuku, Lee and Monique Riley, Ang, Dahl and Dane, Dennis Hurworth, Lynn and Garth Porter, Vern, Donna Ransfield, Miles, Fungai and everyone else that gave us a hand. There is still a little tweaking to do but on a whole the feedback has been awesome and we love the new look! It is a much better use of our space. Watch this space for some fabulous new bits and pieces for our gym floor.

Get Ready for Summer with Personal Training!



PERSONAL TRAINER— **RACHEL BLAIR**

Caroline first started training with me after being involved in a marketing project at Sparta. Caroline had set herself strict goals which she was very determined to achieve and I was very excited to help her do so! One of her greatest goals was to fit a particular dress for her birthday and another was to be 5-10kg lighter. In order to reach these goals Caroline followed a weekly exercise plan which included training with me for one hour one on one each week whilst completing a personalised weights program and running several times a week. Caroline also had to follow healthy eating guidelines and record regular food diaries which outlined exactly what she ate and when.

	Initial (19/11/10)	Just after Birthday (7/3/11)	Latest Meas- urements (10/6/11)
Weight (kg)	69.5	63.7	58.5
BF %	32.4	27.7	26.3
Chest	93	87	83
Waist	86	82.5	71
Glutes	106	99	94.5
R Arm	31.5	29	27.5
R Thigh	61.5	51.5	48.5

FROM CAROLINE!

Rach has been my trainer since November 2010 and I have achieved a weight loss of 10kgs. I thank Rach for all the help and support she had given me over the last 9 months, Rach is not only my trainer but would class her as a good friend. Rach is an awesome trainer and has so many ideas when it comes to planning a training session, each time its different, harder and exciting. Thank you Rach for everything and for turning my life around, I'm more confident, stronger, and happier.
Carolyn Smith

TELL YOUR FRIENDS! NO JOINING FEE! + FREE Massage

