

## NEWSLETTER - MARCH 2009.

<http://www.revivefitness.com>

### \*\*\*BREAKING NEWS\*\*\*

As we speak work is currently in progress towards the final revamp of the Revive Foyer. The Revive Team recently had a staff meeting & we are all excited about working together with our great team of members to become the Friendliest Fitness Family Facility in Adelaide or even Australia, offering a unique blend of Real People / Real Staff & Real Value.

### \*\*\*GROUP FITNESS NEWS\*\*\*

#### LES MILLS PROGRAM LAUNCH WEEK!!!

FROM SATURDAY MARCH 14<sup>th</sup>  
 TO THURSDAY MARCH 19<sup>th</sup>

Time to celebrate newly laid carpet & brilliant impact absorbing underlay in the Group Fitness Studio - just in time for the very first of the LES MILLS PROGRAMS QUARTERLY

LAUNCHES FOR 2009:-

#### SATURDAY 14<sup>th</sup> MARCH

- ✓ 9:30am BODY PUMP
- ✓ 10:30am BODY ATTACK

#### SUNDAY 15<sup>th</sup> MARCH

- ✓ 10:30am BODY BALANCE

#### MONDAY 16<sup>th</sup> MARCH

- ✓ 6:30pm RPM

#### WEDNESDAY 18<sup>th</sup> MARCH

- ✓ 5:15pm BODY COMBAT

#### THURSDAY 19<sup>th</sup> MARCH

- ✓ 6:15pm BODY STEP

Everyone should experience the wonderful benefits these programs provide - read on:



#### BODYPUMP™

- Burn up to 600 calories per class for fat loss
- Improve strength
- Improve general fitness
- Shape & tone muscles
- Improve bone density (help ward off osteo.)
- Gives you a sense of achievement



#### BODYATTACK™

- Burn calories for a leaner body
- Tone & shape
- Raise overall fitness & stamina for high energy sports like football or tennis
- Improve co-ordination & agility
- Deliver strength through core conditioning work
- Enhance bone health & density
- Increase heart & lung capacity



#### BODYBALANCE™

- Improve joint flexibility & range of movement
- Increase core strength
- Improve cardio-vascular function
- Burn calories
- Reduce stress levels
- Provide a lasting sense of well-being & calm
- Mind/body focus through controlled breathing



#### RPM™

- Increase cardiovascular fitness, burn fat, tone & shape the legs, hips & butt
- Increase leg strength & muscular endurance without building bulk
- Burn up to 600 calories
- Release endorphins for a natural high - feel fab!



### BODYCOMBAT™

- Improve heart & lung function & reduce the risk of heart disease
- Tone & shape key muscle groups
- Burn calories for a leaner body
- Improve co-ordination & agility
- Improve bone density
- Improve posture, core strength & stability
- Build self-confidence



### BODYSTEP™

- Burn lots of calories for a leaner body
- Improve strength through core conditioning work
- Raise overall fitness levels
- Improve coordination
- Improve bone health & density
- Increase heart & lung capacity through full-body cardio workout

PILATES PRINCIPLES form the foundation to the PILATES METHOD. They act as a guide to creating improved quality of movement & overall postural awareness – read on:

- 1. BODY ALIGNMENT.** Our body is a complex pulley system. To allow muscles to function correctly, our skeletal frame needs to be properly aligned. This reduces wear on the joints & enables muscles to develop improved strength & length.
  - 2. BREATHING.** There are 2 ways to breathe - actively & passively. Passive breathing involves only the respiratory diaphragm, whereas active breathing involves abdominal & spinal muscles. Active breathing is used in all Pilates exercises & becomes the core muscle group link that makes Pilates so affective at creating core strength.
  - 3. CONTROL.** Body control relates to using the appropriate amount of muscle strength during an exercise. This prevents physical strain & enables better muscular activation.
  - 4. COORDINATION.** The exercises are not static - involving continuous, flowing movement. Coordinating movements assists the nervous system to stay in tune to giving the correct direction to the body - where & what to move.
  - 5. RELAXATION.** Healthy bodies retain a sense of relaxation, which means they are free of tension. Tension in the body leads to wear & tear of joints & possible muscle injury.
  - 6. FLUIDITY OF MOVEMENT.** Having rhythm in movement, when each part of the exercise is executed with precision & without being rushed, results in the exercise being far more effective & prevents injuries.
  - 7. BODY AWARENESS.** A high level of concentration is required in order to apply all the Pilates principles during an exercise. This makes for a focused workout & leads to far greater overall body awareness.
- \*\*\*Make BODYBALANCE™ & PILATES a part of your Exercise Regime!!!\*\*\***

**PILATES CLASS CHANGE!!!**  
**ON WEDNESDAY MARCH 18<sup>th</sup> PILATES WILL CHANGE TO BODYBALANCE™.**  
**FROM FRIDAY MARCH 20<sup>th</sup> PILATES REPLACE B/BALANCE (45min CLASS)**

**Due to increasing family commitments, Sarah can no longer teach her Wednesday evening Pilates class at 7:15pm.**

Sarah was first to present Pilates at Revive Fitness & has been with us for a number of years, she will be sadly missed!!!

**It has been difficult to find a Pilates instructor for Wednesday evenings.**

**BODYBALANCE™ will be offered instead - "the Yoga, Tai Chi & Pilates workout that leaves you feeling long, strong, centered & calm; 55-minutes of group exercise-to-music that enhances physical & mental wellbeing."**

**A 45 min PILATES CLASS will be offered on FRIDAY EVENINGS AT 6:15pm - replacing the current BODYBALANCE™.**

Our apologies for any inconvenience to training schedules, we try hard to keep everyone happy!

## REVIVE AID FOR VICTORIAN BUSHFIRE VICTIMS

We should all be very proud...

- ❖ Our **administration team** for initiating the collection for the bushfire victims.
- ❖ Our **membership team** for digging deep & donating \$1250.
- ❖ Our **management team** for matching our total - **OUR GRAND TOTAL = \$2500!!!**