



**FASTLANE
FITNESS**

Achieve Your Goals

Volume 2, Issue 12

December 2015

Gift Ideas

Stuck on what you can get your family or friends for Christmas? Or perhaps even put it on your Christmas list for Santa?

Swim concession cards are a great idea for those who enjoy swimming or are just wanting to get into it.

You can purchase 10 concessions for \$65 or 20 concessions for \$110.

If you think they might prefer classes over swimming, then we can offer 10 group concession for \$80 or 10 yoga/pilates for \$110.

We also sell Fastlane singlets - \$60



Fastlane Victories

There have been some amazing achievements from our Fastlane members these past few weeks. A HUGE congratulations to the following people –

Lucy Driver, Anthony Broatch, Courtney Haywood and the Opus team; 1st in their Corporate Cycling Challenge,

Bevan Littler, 3rd in Round the Bridges,

Megan Arthur, 2nd in her age group in the combined Ironman/Xterra World Champs,

Malcom King, Russel Smith, Mike Swetman and everyone else who competed in the Tri TinMan,

and to all the participants who competed in the Tri Maori and in Round the Bridges.

If you have competed in an event, please let us know so we can put you on our victory page!

November's Biggest User

Pavitar Pandher	43	Michelle Weeks	28
Bluey Inia	41	Lucy Driver	27
Whitney Rika	37	Shannon Turnbull	27
Paul Donoghue	36	Kate Searancke	25
Dave East	33	Jocelyn Dibble	25
Ramandeep Kumar	32	Glen Horsman	25
Tim Frame	30	Troy Martin	25
Andrew Maseyk	29	Nathan Dalgety	25

Fastlane Hours

Thu 24th Dec; Xmas Eve:	5.30am – 5.00pm
Fri 25th Dec; Xmas Day:	CLOSED
Sat 26th Dec – Sun 3rd Jan:	7.00am – 7.00pm
Mon 4th – Fri 8th Jan:	6.30am – 8.00pm
Sat 9th – Sun 9th Jan:	7.00am – 7.00pm
Mon 11th Jan:	Normal Hours

Feed Zone Hours

Thu 24th Dec; Xmas Eve:	6.30am – 4.00pm
Fri 25th Dec – Mon 28th Dec:	CLOSED
Tue 29th – Thu 31st Dec:	Drinks Only
Fri 1st – Mon 4th Jan:	CLOSED
Tues 5th Jan:	Normal Hours

* Pilates will finish on 16th Dec and return 27th Jan.

* Yoga and Swim Fit will finish on 18th Dec and return on 11th Jan.

* All other classes will finish lunchtime on 24th Dec and return on the morning of the 11th Jan.



Piri Piri Chicken Burgers, Cumin Potatoes with Dill Sour Cream and Warm Fruit Parcels with Lemon Sorbet

Serves: 4

Total time to make: 1hr 25min

600g skinless, chicken breast
1 tbs olive oil
2 tbsp lemon juice
2 cloves garlic, peeled, chopped
1-2 tsp minced red chilli
1 tsp smoked paprika
½ tsp oregano
Oil spray
4 buns/rolls
2-3 tbs mayo
Crisp lettuce, sliced tomatoes

300g kumara, cut in 1.5cm slices
300g desire potatoes, cut in 1.5cm slices
Olive oil spray
1 tsp cumin seeds
Dill Sour Cream:
½ cup fresh dill, chopped
1/3 cup Dijon mustard
½ clove garlic, crushed
2 tsbp trimmed milk

1 cup strawberries, topped, halved
1 cup pineapple, cut in chunks
1 cup pawpaw, cut in 2 cm chunks
1 cup melon, cut in 2 cm chunks
1 cup orange, segmented, halved
4 scoops lemon sorbet

Place each chicken breast between two sheets of plastic. Use a rolling pin to bang the chicken into even thickness. Repeat with remaining chicken. **Measure** the next 6 ingredients into a sturdy plastic bag and mix thoroughly. Add the chicken until all coated and leave to marinade for 15 min. **Heat** a large, lightly oiled bbq hot plate to a med-high and add marinated chicken. Cook each side for 4-5 min or until cooked through. **Halve** buns and spread with mayo. Add lettuce, tomato and chicken, season to taste.



Steam kumara and potatoes until just starting to soften. Spray with oil and sprinkle with cumin. **Heat** bbq and cook vegetables on the grill. Cook until golden no one side then carefully turn over and cook the other side. **To** make the dill sour cream, combine half the dill with the other ingredients. **Arrange** cooked potato pieces on a platter, sprinkle with remaining dill and serve with dill sour cream.



Combine prepared fruits in a bowl. Tear off 4 x 20cm foil squares and line with smaller squares of baking paper. Spoon mixture into the centre of each square. Fold baking paper/foil to enclose filling and make a parcel. **Place** parcels on heated bbq and cook for 5 min or until fruit is hot. Place unopened parcels on serving plates with a scoop of lemon sorbet.

Total Nutritional Value per Serve

Calories	705cal
Protein	46g
Fat	18g
- Saturated	24g
Carbohydrates	100g
- Sugars	44g

Healthy BBQ Tips

It's finally summer season, and we all know what that means...BBQ's!! The classic kiwi (and Aussie!) iconic summer feasts that everybody loves! We have a few tips to help you maintain that awesome summer body that you have worked super hard on over the last few months, without missing out on the fun ☺

1. Take a healthy appetiser if you're going to someone's place, or make one if you're hosting, so there's at least one healthy option to choose from without going overboard on the cheese platter or chips and dip.
2. Fill your plate up with the healthier options first so you will be less likely to fill up on the calorie dense options.
3. Don't deny yourself of something that you're craving but be mindful of the portion size.
4. Add vegetables to the grill, either on their own or added to a chicken kebab.
5. Still include your water intake in between any alcoholic beverages ☺



Feed Zone

Like one of our salads? You can order this by the bowl for your Christmas function! We can also do a platter of Christmas truffles, PB Cookies and froyzies. Contact Emily or Susie on feedzone@fastlane.kiwi

Coming in the New Year – Balance Boxes – order in advance for a meal with your macros as you demand them.

