



HAPPY NEW YEAR, TEAM!

Welcome to the New Year everyone! We hope you all had a safe wonderful fun-filled, and well deserved summer break!

New Year calls for New Goals, so let us help you stick to your new health and fitness goals and come book an appointment with one of our trainers. Or even better get some Personal Training sessions to give you that extra motivation 😊



POOL OPENING HOURS

Due to very minimal usage of the pool after 8.30pm, we are now closing the pool at 9pm Monday – Friday with 8.30pm being the latest entry.

NEW CLASSES

Our new class schedule will be starting on the 25th January. Check it out on our website to see the changes 😊

DECEMBER'S BIGGEST USER

Congratulations to last month's top 16 users!

Bluey Inia	30	Whitney Rika	25
Dave East	29	Mohd Faisal	24
Ella Maseyk	29	Andrew Maseyk	24
Ramandeep Kumar	27	Edward Gann	24
Michelle Weeks	27	Sheridan Challis	23
Tim Frame	26	Jess Lusby	23
Troy Martin	26	Kate Searancke	22
Fiona O'Donoghue	25	Jared Millar	22

PUBLIC HOLIDAYS

The long weekend is coming up....twice with Auckland Anniversary and Waitangi Day! We will be opened but with shorter hours and no classes running on the public holiday.

Monday 1st February: 7am – 7pm / FeedZone: 8am – 1pm

Monday 8th February: 7am – 7pm / FeedZone: 8am – 1pm



TRAINERS TOPIC

Getting back into your routine is always the hardest after a holiday, especially a Kiwi Summer Holiday! So we thought we'd share some tips to help you get back into the swing of things- despite how unpleasant this may seem!

- Make it **FUN**: The key to sticking to something is to enjoy it. If you are enjoying your workout, you are most likely going to stick to it. Why not come try out a class or grab a friend to train with you? Mix it up a bit 😊
- Set **short term goals**: When you set short goals you have the added pressure of time that may help motivate you. You also are more likely to achieve these goals and stick to them, rather than a long time goal where you can steer off track from time to time.
- Just **do something**: Even if you aren't feeling motivated, just get up and do something. It may not be your usual hour pumping session in the gym, but even a quick 20min jog will still release those endorphins to keep you feeling good! Plus it will keep your body in routine.
- **Planning**: Planning is the key to success. Plan your day the night before and get everything prepped and ready. Pack your bags the night before so that you can get that morning sweat session in before your big day at work to get you pumped and energised. Prep your food so that you don't feel tempted to get some quick bakery food just because you are hungry. Not only a money saver, but a health saver 😊

By Danielle Bath

ZUMBA STEP - EXCLUSIVE TRIAL

For a limited time, we will be trialing Zumba Step with the energetic Carmel and Carmen starting on Wednesday 3rd February at 6pm.

Members/Class concessions **only** for the first two weeks.



SALMON, CUCUMBER AND NOODLE SALAD

SERVE: 4 TIME: 30MIN

4 x 125g skinless salmon fillets
3 x 180g packets 100% buckwheat soba noodles
300g snow peas, trimmed, halved diagonally
1 large carrot, chopped into thin matchsticks
1 Lebanese cucumber, seeded, chopped into thin matchsticks
100g baby spinach
3 shallots, trimmed, thinly sliced diagonally
Coriander dressing
4 tablespoons chopped coriander
2 long red chillies, seeded, finely chopped
3 tablespoons lime juice
4 teaspoons gluten-free tamari
2 teaspoons brown sugar

Preheat oven to 220°C. Line a baking tray with baking paper. Place salmon on prepared tray; roast for 10–12 minutes, or until cooked to your liking. Set aside to cool, then flake into pieces. **Meanwhile**, cook soba noodles according to packet instructions, or until al dente, adding snow peas for the last 30 seconds. Refresh noodles and snow peas under cold running water; drain well and transfer to a large bowl. **Make** coriander dressing: put all ingredients in a small bowl and stir well until sugar dissolves. **Add** salmon, carrot, cucumber, baby spinach, half of the shallot and all of the coriander dressing to noodle bowl; toss to combine. **Divide** salmon salad among serving bowls or plates, garnish with remaining shallot and serve.



THE FEEDZONE

The New Year means New Smoothies for the Feedzone café!!

So we thought that we would introduce to you one of our newbies by letting you know all the Health Benefits in our new **Kick-Start smoothie!**

Chia Seeds- They are high in quality Protein, loaded with anti-oxidants, and almost all of the carbs in them are actually fibre.

Banana- They can help protect against muscle cramps during workouts, helps control blood sugar, and helps aid the digestive system.

Coconut Yoghurt- It is a healthy dairy-free alternative that you can substitute for yoghurt in just about anything. It is also a good source of bone-building calcium and contains 25-30% of the daily needs in each serving. The same goes for magnesium and vitamins B-12 and D.

Berries- They keep you mentally sharp, and can also help boost heart health. They are also good for weight control due to their fibre and liquid content that make us feel fuller.

Apple – This is a great dose of fibre and Vitamin C and can assist in reducing the risk of asthma, Alzheimers disease, heart disease and eye disorders and also aids in dental care and skin care.