



FASTLANE
FITNESS

Achieve Your Goals

Volume 2, Issue 7

July 2015

UPDATE

Due to unforeseen circumstances, there has been a delay with the opening date of the pool, which has now been pushed back to late-August (at this stage).

We know everyone is hanging out for it to open, just as much as we are 😊

It will definitely be worth the wait!!

Parking Pass

Please don't forget to get a parking pass from reception if you haven't already received one. When using the carpark (while at the gym only), place your pass on your dashboard.

Access Cards

Please don't forget to purchase your access card. They are \$15 and refundable so put it somewhere safe! If you already have yours, please make sure you use it. If you have forgotten it, then let reception know and we can manually sign you in.

Please see reception to purchase yours 😊

Milestones

*Congratulations to the following members
for reaching their milestones last month!!*

50th Workout

Rebecca Hill	Chris Coromandel	George Williams	Catherine White
Tamara Huaki	Sid Murphy	Matt Frederickson	Alicia Walton
HymieJoghn Rangi	Jocelyn Dibble	Faapologa Solofa	Shane Doyle
Kieran Jeffares	Annette Nicol	Darrel Hendersen	Sofia Wright
Steve Laurie	Stephen Doran	Mridul Gupta	Sam Fowler
Jenny Johnston	Ojaswi Rawal	Nicole Steele	Nathan Dalgety
Michelle Agnew	Nadine Edmonds	Amanda Humphrey-Rush	Troy Flavell
David Johnstone	Angela Reardon	David Hardy	Rob Woolerton
Lance Andersen	Manu Edwards	Andrew Stirling	Jasprit Sagroo
Hayden Littleford	Mark Reynolds	Sophie Frew	
Ashleigh Broatch	Mark Etheridge	Jess Lusby	
Troy Martin	Glen Shaw	Nick Weeks	
Hannah McDonnell	Carl Fisher	Jurvan Erueti	
Steve Mills	Semisi Sikuea	Craig Hammond	
Gray Chapman	Josh Olsen	Nicole Thompson	
Megan Muldowney	Whitney Rika	Megan Wetere	

100th Workout

Chelsea Parkinson
Michelle Bayley
Ihaka Christy
Hare George
Andrew Martin
Emerson Elias DeSouza

200th Workout

Andrew Maseyk

June's Biggest User

Well done to last month's top 16 users!

Andrew Maseyk	44	Linus Pereira	27
Ella Maseyk	36	Andrew Martin	25
Michelle Weeks	34	Robert Biddle	23
Pavitar S. Pandher	30	Jess Lusby	21
Paul Donoghue	29	Ihaka Christy	20
Leon Bain	28	Alice Thame	20
Tapu Heta	28	Sophie Frew	20
Sarfraz Hapuku	28	Gary Whibley	20
Cameron Knowles	28	Nathan Dalgety	20

Moroccan Beef with Kumara Rice

Serves: 4

Time to make: 25 min

250g golden kumara, peeled, cut into 2cm cubes	250g brown basmati rice (microwavable)
550g lean rump steak	400g chick peas, drained
Oil spray	1/3 cup eggplant dip
2 tsp Moroccan seasoning	300g baby spinach

Boil or microwave kumara until tender. Drain and set aside.

Meanwhile, place a medium-sized frying pan over a high heat. Lightly spray steak with oil, sprinkle with seasoning and cook for 3-5 minutes on each side or until cooked to your liking. Rest for 5 minutes before slicing.

Cook rice following packet directions. Fold through kumara and chickpeas. Top steak slices with eggplant dip and serve with rice and baby spinach.



Nutritional Value per Serve

Calories	554cal
Protein	39g
Fat	19g
- Saturated	7g
Carbohydrates	55g
- Sugars	6g

Need a new goal?!

Training for an event is a great short term goal. It keeps you focused and on track with your training. It can even get you out of your comfort zone by training for something you never dreamed of doing!

If you need some help with finding an event, follow these websites –

<http://www.eventpromotions.co.nz/>

<https://www.runningcalendar.co.nz/>

OR

join us at the Tough Guy and Gal Challenge in Rotorua on Saturday 8th August. The sign-up sheet is on the noticeboard in the gym or you can talk to reception to find out more 😊

NEW to Feed Zone...



We now have fresh, home-made juices available. They are jam packed full of nutrients and have their own special healing powers 😊

There are four flavours to choose from, with more to come, at \$7.50 each.

Come try them next time you're in 😊