



Achieve Your Goals

Volume 2, Issue 11

November 2015

**FASTLANE
FITNESS**

Please welcome Sam to Team Pool!

You may have already seen Sam at reception and hanging out in the pool in the afternoons or weekends, if you haven't come say hi to her!

She has Level 3 in Watersports and Aquatics, Qualifications in Swim Teacher and Lifeguard.

Sam will be our new learn to swim (for both adults and kids) instructor, which she is really looking forward to doing ☺

Sam is excited to be working in this awesome environment to help her become a better person and better instructor! If you have any questions regarding the pool, please don't hesitate to ask her as she'll be more than happy to help you!

Swim Fit & Learn to Swim

We have started our Swim Fit (classes for the pool) and Learn to Swim for adults. Swim Fit is included in the pool memberships and can be used as 1 x concession for those who have purchased concessions. For anyone who would like to do it casually, it's \$9.

Learn to Swim has quickly filled up, but for anybody interested for the next session keep your eye out for next year. It includes 2 x 30min sessions per week over 5 weeks for \$130 and includes an assessment to determine your swimming level.

For more information, please email us at admin@fastlane.kiwi

Class Schedule

We have slightly new class schedule, which have already started. There are new classes, such as Meta Fit, Primal, Swim Fit and Zumba!

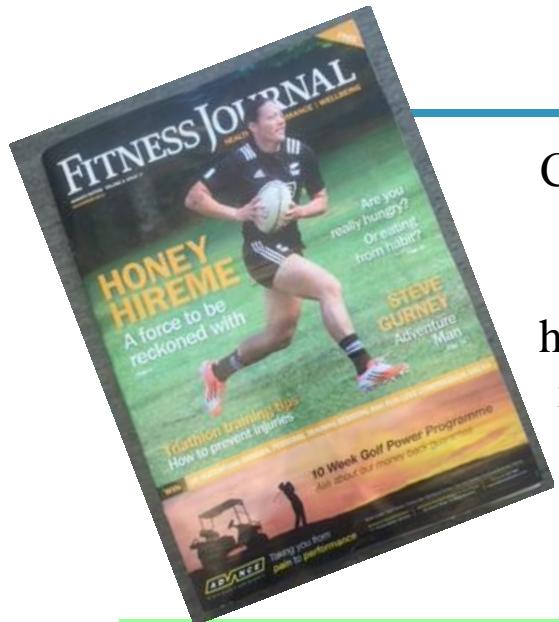
To view the time table and to find out what the new classes are all about, head to our website at
http://www.fastlane.kiwi/page/Class_Schedule/

October's Biggest User

Well done to last month's top 16 users!

Pavitar Pandher	42	Anthony Broatch	28
Tim Frame	41	Dave East	28
Bluey Inia	40	Sarfraz Hapuku	27
Bevan Littler	32	Giana Fyfe	26
Andrew Maseyk	30	Nicole Thompson	25
Fiona O'Donoghue	29	Michelle Weeks	25
James Berghan	29	Callum Davidson	25
Sheridan Challis	28	Ella Maseyk	25

November Fitness Journal is now available!



Check out this month's Fitness Journal for triathlon injury prevention tips, how to stay healthy over the festive period, recipes and training ideas for your sporting off-season.

Cajun Baked Snapper with Risoni Bean Salad

Serves: 4

Time: 25 min

4 x 125g snapper fillets
2 tbsp Cajun spice
1 ½ cups risoni pasta
2 x capsicums, roughly chopped
425g kidney beans, drained and rinsed
1 small red onion, finely diced
½ cucumber, roughly diced



Heat oven to 180°C. Place snapper in a large ovenproof dish, scatter with Cajun spice mix and bake for 15-20 minutes or until cooked through.

Cook risoni following packet directions. Once cooked, rinse with cold water and set aside. **In a** large bowl combine the remaining ingredients then mix in cooked risoni.

Divide risoni bean salad among 4 plates and top each with snapper fillet. Season to taste.

Nutritional Value per Serve

Calories	526cal
Protein	41g
Fat	6g
- Saturated	2g
Carbohydrates	75g
- Sugars	10g



Did you know....?!

- There is 65g of sugar in a 20oz bottle of coke?! That's almost twice the daily recommendation.
- According to a 2010 study in the Journal of Pain, ginger can help reduce DOMS by up to 25%.
- Apparently strawberries, raspberries and blackberries aren't berries, but bananas, avocados, tomatoes, watermelon and pumpkin are!
- Cinnamon is a potent antioxidant that can help reduce the risk of blood clots, control blood sugar and improve insulin sensitivity; the latter two help prevent fat gain and diabetes.
- Soft drink intake leaches calcium from bones, which contributes to lower bone mineral density and the development of osteoporosis, as well as destroying tooth enamel.
- Chia seeds are highly hydrophilic meaning that they are capable of absorbing 9-10x their weight in water!
- Protein is highly thermogenic – when it's consumed, the body burns off up to 35% of its total calories during digestion alone!

Feed Zone Fun Facts

We have some amazingly healthy ice blocks and ice cream from Nice Blocks just in time for summer!

They come in a variety of flavours, gluten-free and dairy-free, with all natural and organic ingredients and are just delicious!

Come enjoy one (or more) from \$3.50

