



Autumn Restoration

THE BENEFITS OF YOGA AND STRETCHING

Why everyone should do at least one yoga, pilates or stretching session a week?

IMPROVED STRENGTH

Great for all athletes, of any level, to have more control over their movements for their chosen sports or leisure time activities, yoga and pilates improves core stability and strengthens and tones the muscles and tendons alongside your more utilised muscle groups, which also helps to reduce injury!

MOBILITY

As we get older (unfortunately) more strain is placed on our joints. Enhanced flexibility leads to a greater range of motion and in turn improve muscle conditioning and toning.

MENTAL BALANCE

The meditation at the end of yoga, trains us to calm and control the impulses of the mind, clear away the clutter (all those negative self thoughts) and unlock your untapped potential. This also helps your skin! Moving in a way that is different to our daily patterns helps the brain to be more efficient and can help keep the brain healthy.

METABOLISM

Get the blood moving in the morning with Yoga and allow the nutrients from your food throughout the day to be better absorbed!

We are introducing more yoga classes regularly, unlimited access to yoga comes with a standard Gym membership, or you can buy a concession card just to attend one of these classes in the lounge upstairs.

We also have a beginner Yoga 8 week class for all you newbies, there is an extra charge for this - \$60 for members, and \$120 for non-members. The first beginner yoga course will start on the 13th of March and is full, so sign up now for the next session, starting in May.





FEEDZONE

SALAD SURVIVOR

One NEW salad will be introduced every Monday and one will be voted out (with the least amount of sales).



MERMAID BLUE LATTE

We have introduced the Mermaid blue latte, we are serving it hot or cold with your choice of milk (or milk alternative). The Blue latte is excellent for relieving stress and helping to re-energise you.

Try it with a blue macaroon, when available. We also have velvet lattes, great for detox and energy (contains beetroot) this is great as a 'red velvet chocolate latte' or Tumeric Latte, which is an antioxidant and anti-inflammatory.

PLANT BASED PROTEIN POWDERS

Recently we have also introduced plant based protein powders for sale in tubs, or as a shake/added to a smoothie.

ECOWARE CONTAINERS



We use sustainable food packaging that is made from annually renewable resources such as corn-starch and bamboo fibre. Made from plants, not oil | Non-toxic inks | Commercially compostable | Sustainable

Don't forget to give the team your name @feedzone to qualify to your member discount.

 Like us on Facebook @THEFEEDZONE

Parking at Fastlane



Parking is free for any customer of Fastlane or Feedzone for 2 hours. You need to display a current Fastlane parking pass. All members need to renew their passes every 6 months, this is so we can ensure people who aren't current customers aren't monopolising our parking.

Remember if you can prove you were using our facility at the time a ticket is issued we are happy to get Wilsons to write off your ticket, just bring it back in as quickly as you can.

STAFF NEWS

We have said our goodbyes to a few staff lately. We wish Danielle all the best on her OE. Since writing this she has returned to Hamilton, so you might see her around in the Gym.

Emily has left to pursue a change in career and is studying at AUT.

Jess and Melanie left Feedzone in December.

So we welcome Sarah on reception, Nikki in the Gym, Helena on reception (weekends and Fridays), Devin - Gym, and Mel as our cafe manager, Rachel afternoons in the cafe, and Alex also cafe staff. Come meet all their smiling faces.

Our new breakfast chef Sheldon has also started, so you will be seeing lots of new and exciting things in the cafe soon.

MEMBER ACHIEVEMENTS

Many of our members have qualified for the triathlon world champs, over all of the distances. And congratulations to all the latest IRONMEN and WOMEN.

Please let us know if you or your friends have achieved your goals and would like to share!



Are you passionate about hospitality?

20-30 hours in cafe
Barista experience (desired, but not essential).
More hours available over time.

