



**FASTLANE**  
FITNESS

# Achieve Your Goals

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## Parking Pass

Parking passes are now available for all Fastlane Fitness members who drive and park behind the gym. All the spaces behind the construction site belong to Fastlane Fitness so to help us monitor it, please grab your pass from reception and place it on your dashboard. Anyone who does not belong to our gym, or members who are not using the gym may be clamped/towed.



## Tell your friends!

The opening of the pool is fast approaching! We're expecting the doors to open by the end of July but once we have a confirmed date, you will be the first to know ☺

We will definitely be having some sort of aqua classes available but in terms of types, days and times, we won't know until after the pool has opened so we have an idea of busy times etc,

Opening hours will be the same as the gym hours:

Mon – Thurs: 5.30am – 10pm

Fri: 5.30am – 10pm

Sat – Sun: 7am – 7pm

There may be an increase in membership prices soon so tell your friends and family to join now to secure the current rates.

## Access Cards

With the pool opening date approaching, we need for everyone to start purchasing their access cards. They are \$15 and refundable. You will need to use your access card to swipe in for attendance (on the wall by the sliding door) and eventually needing it to actually open the door once the pool is open. If you don't have your access card, just let reception know and we will manually sign you in – the more attendance you have, the more entries you have to go in the draw to win a \$200 Shoe Clinic Voucher!

# Milestones

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

## *50<sup>th</sup> Workout*

Peter Jefferies	Craig Johns	Ojaswi Rawal	Chelsea Parkingson	Amanda H-Rush
Mark Sullivan	Katrina Tooley	Eugene Vodjansky	Sanjay Weerasinghe	Bluey Inia
Sean Hollinger	Leigh Cocks	Authman Al-Saudi	Jason Bates	Sifa Mafa
Andrew Stirling	Darryl Conn	Mikey Stobbs	Corey Jonson	Julie Netzler
Jamie Dowd	Matthew Schlierike	Doug Robertson	Kim Simmiss	Mike Pegg
Dominic Yuen	Katrina Robertson	Simon Gower	Rob Quinn	Stephen Wall
Anita Robinson	Wade Charman	Julia Rowland	Amelin Yongo	Rhys McKinnon
Steve Hamer	Matt Haycock	Mathew Phillips	Saskia Holden	Andrew Martin
Alan Neben	Raumae Ngatuakana	Zoe Hughes	Karle Jones	Cameron Knowles
Rob Ford				

## *100<sup>th</sup> Workout*

Leon Bain	Karle Baucke
Linus Pereira	Robert Biddle
Daniel Benefield	Mark Enderwick
Innes Fisher	Tapu Heta
Jacob Plasmeyer	Alice Thame
Gary Whibley	Emerson De Souza

# May's Biggest User

*Well done to last month's top 16 users!*

Andrew Maseyk	33	Sofia Wright	23
Ella Maseyk	29	Mandy Harris	23
Linus Pereira	28	Hare George	22
Dot Larsen	27	Alice Thames	22
Leon Bain	25	Filippe Oliveira	22
Tapu Heta	25	Denise Pereira	22
Nathan Dalgety	25	Michelle Weeks	22
Robert Biddle	22	Jasprit Sagoo	21

## Breakfast Biscuits

*Serves: 12*

*Time to make: 20 min*

2 cups quick oats ( <i>not whole oats</i> )	¼ cup apple butter
¾ tsp salt	1 large banana, mashed ( <i>about ½ cup</i> )
1 tsp ground cinnamon	½ cup dried cranberries
1 cup almond butter, peanut butter, or sunflower seed butter	
¼ cup pure maple syrup ( <i>or honey</i> )	½ cup shelled pumpkin seeds
½ cup raisins	¼ cup ground flaxseed ( <i>optional</i> )

**Preheat** oven to 325°F. Line large cookie sheet with parchment paper or silicone baking mat. Set aside.

**Combine** all of the ingredients into a large bowl of a stand mixer (or use a hand mixer). Mix until all of the ingredients are combined. The dough will be quite stiff.

**Take** ¼ cup of dough and drop onto prepared cookie sheet. Slightly flatten the tops into desired thickness. The cookies will not spread in the oven.

**Bake** for 15-16 minutes or until edges are slightly brown. Allow to cook on the cookie sheets completely. Cookies stay fresh at room temperature for 1 week. Cookies can be frozen up to 3 months.

### *Nutritional Value per Serve*

<b>Calories</b>	280
<b>Protein</b>	8.1g
<b>Fat</b>	15.6g
<b>- Saturated</b>	1.8g
<b>Carbohydrates</b>	29.2g
<b>- Sugars</b>	11.3g

## Benefits of working out with a buddy!

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Over the years statistics have shown that people who work out with a partner have a higher probability of achieving their fitness goals.

One of the primary benefits of having a training partner is being accountable for your workout. It forces you to put the gym into your schedule and making a 'date' with your training partner so neither one of you will want to let the other one down.

Workouts can be more enjoyable if you have a friend with you. Creating a fun competition between the two of you makes you work harder and sweat more! We can create a program specifically for the two of you. Better yet, training with a partner can be financially beneficial to have a personal trainer!

If you have a friend or family member who is interested in joining the gym, come talk to us at reception OR if you are keen on some one-on-one sessions, we have Training Buddies and Personal Training available to help you and your friend amp up your workouts!

## Coming SOON to Feed Zone...

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### ....Member's Benefits!

Feed Zone will be offering all **Fastlane Fitness** members special deals. This could include a coffee and slice combo, half price shakes, buy one get one free....anything!!

Watch this space....!