



## KINLOCH TRIATHLON

On the 14<sup>th</sup> of February our Trainers Danni and Liam completed their very first Sprint Triathlon, with the support of the big boss himself. It was an awesome atmosphere with SO many Fastlane Members there putting their hours of training into action as well.

We would like to CONGRATULATE all of our Members who took part in this event

Julie and Mike Etheridge

Malesa McNearney

Alison Hamilton

Katie Lush

Shane and Kaleb Smith

Russell Smith

Malcom King

Martin Ferry

Liam Bullen

Paul Reynolds

John Gray

Tony Streifler

\*Apologies if we have missed anyone.

## IRONMAN 2016

Also a huge congratulations to our dedicated athletes who battled it out at Ironman 2016!! This takes huge physical and mental strength and power, and you guys did it!! AWESOME STUFF TEAM!!

Megan Arthur  
Shane Wilkinson  
Bevan Littler  
Indy Kraal  
Roger Broadhurst  
Rota Thompson  
Mike Wright  
Candice Hammond  
Shane Yeates  
Linda Blackmore  
Karen Hopson

If you have any great fitness achievements or know of anyone else who has, feel free to let us know so we can recognize and congratulate them in future newsletters, or on our upcoming Members Achievement Board.



## FEBRUARY'S BIGGEST USER

*Congratulations to last month's top 16 users!*

Tim Frame	26	Zac Kereopa	21
Rob Ford	26	Paul Donoghue	20
Ihaka Christy	26	Steve Laurie	20
Troy Martin	25	Sheridan Challis	20
Michelle Weeks	24	Hare George	20
Anthony Broatch	23	Andrew Maseyk	20
Sarfraz Hapuku	22	Authman Al-Saudi	20
Cathryn Duncan	21	Alicia Sunnex	20
Fiona O'Donoghue	21	Bevan Littler	20

## FEEDZONE SURVEY RESULTS

We recently put a survey out to our members to get some feedback on FeedZone and we thought we would share with you and clarify the results ☺

- Results showed that some people may not be aware of what we serve in the café in regards to healthiness or variety of food. 80% of our food and drinks are low fat/low sugar/high protein with lots of nutrients coming from ingredients such as vegetables and fruit.
- FeedZone opening hours are Mon-Fri 6.30am-5.00pm, Sat 8.30am – 1.00pm and Sundays Closed. Protein Shakes and cold drinks are always available after hours.
- We offer gluten free, dairy free and vegan options.



## TRAINERS TOPIC

### - IMPORTANCE OF CORRECT EXERCISE TECHNIQUE -

#### Quality over Quantity

As Trainers it is part of our job description to help you perform your exercise correctly not only so that you can get “gains” but also so that you do not injure yourself while doing so.

Not only does having correct technique enhance the benefits of the exercise you are completing but it also reduces the risk of you loading up your joints, or injuring other muscles.

It also helps keep you in a good routine and away from bad habits, because once a bad exercise technique habit starts, it can be very hard to break out of.

You will benefit much more from correcting your technique, it may mean you can't lift those 35kg dumbbells anymore but you may be able to lift the 30kg dumbbells much better with a safer range of motion therefore using the most of your muscle strength and targeting that muscle without the use of other muscles.

So if you feel like you may need some help, feel free to ask our trainers, you can even book in to get a personalized program where we can show you a range of exercise techniques, to help you reach your goals.

Or even better, why not book in a One on One Personal Training session with one of our trainers.

*By Danielle Bath*

### APRIL PROMO!!

**GET READY TO SHARE THE NEWS!!**

This month we are offering our members TWO free passes to give to their friends! This will include three gym sessions OR three classes (does not include the pool or crank).

Terms and Conditions apply.

### CORPORATE OFFERS

We have some new and exciting Corporate offers for business's who are wanting to get fit and healthy with their team!

Gold, Silver, and Bronze offers available.

Email [admin@fastlane.kiwi](mailto:admin@fastlane.kiwi) for more information.



## Lamb & Halloumi Sliders with Beetroot Dip

**SERVE: 5**      **TIME: 30 MIN**

500g lamb mince  
1 clove garlic, crushed  
1 tsp ground cumin  
1 tsp ground coriander  
1 tsp dried oregano  
Pinch of chilli flakes  
1 egg  
Salt and pepper  
olive oil, for cooking  
10 slider buns (or small dinner rolls)  
200g halloumi cheese, sliced  
¼ cup Mediterranean Beetroot & Mint Greek-style Yoghurt Dip

**In** a large bowl, place the mince, garlic, cumin, coriander, oregano, chilli flakes, egg and some salt and pepper to taste. Use clean hands and combine the mixture well. Shape into patties (appropriate to the size of your slider buns) and refrigerate until ready to cook.

**Heat** olive oil in a frying pan to a medium heat and cook the patties for 3-4 minutes on each side or until cooked through.

**Set** the patties aside, wipe out the pan and add another splash of oil, cook the slices of halloumi until golden.

**To** assemble the sliders, halve the buns and spread a good dollop of Mediterranean Beetroot & Mint Greek-style Yoghurt Dip on each side. Place a pattie on the bottom half of the slider, then slices of halloumi, a few leaves of fresh rocket and the top half of the bun.



## FEEDZONE

**We have a new BREAKFAST menu!!**

If you love what Feed Zone have to offer already, then you'll love our new options!

✚ **Eggs, any style \$11**  
on white/wholegrain sourdough toast  
Add bacon/chorizo \$4

✚ **Big Breakfast \$18.5**  
Eggs any style, bacon, chorizo, mushrooms and tomatoes with spinach  
on white/wholegrain sourdough toast

✚ **Omelette on Toast \$14**  
Choose from: red onion/feta/chorizo/tomato on white/wholegrain toast  
Add bacon \$4

✚ **Super Oats \$9**  
With banana, chia seeds, gogi berries, maple glazed coconut and pumpkin seeds

✚ **Homemade Granola \$9**  
With berry compote and greek or coconut yoghurt

**Acai (ah-sigh-ee) Bowls \$9.50**  
✚ *Green Machine*  
Banana, spinach, kale, pineapple, topped with pumpkin seeds, coconut, chia seeds and kiwifruit.

✚ *Peanut Power*  
Banana, peanut butter, choc protein powder, topped with chopped peanuts, banana and dark chocolate

✚ *Breakfast Bowl*  
Banana, granola, mixed berries and coconut yoghurt

**Breakfast is served Monday-Friday from 7.30am**