



FASTLANE
FITNESS

Achieve Your Goals

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Class Schedule

If you haven't noticed already, there have been some changes to the class schedule;

All the 5.15pm class now starts at 5.30pm and will still run for 45 minutes.

We have replaced a few of the W.O.W classes with a new class – Hard Core! This is a combination of cardio and core.

Check out the timetable on our website to see the changes and to find out a little bit more about our new class!

Crank is up and running, check out the last page to find out more about our class ☺

Erin Furness – the kiwi Rotorua Marathon champ!

I'm sure some of you have noticed another tall, blonde Erin in the gym training her clients. This South African

Erin has at least 10 years experience as a trainer and even more as a triathlete so has a lot of knowledge under her belt.

Erin competed in the Rotorua Marthon on Saturday 2nd May and came 2nd in Elite and 1st female Kiwi over all in 2:55:15 – Awesome effort Erin!

Feed Zone

The colder months are upon us, which means our café is offering delicious food and drinks to warm you up.

They now have a soup of the week served with ficelle from Volare, their own chilli hot chocolate and chai latte, and homemade quiches made daily.

If you haven't already tried the yumminess that is Feed Zone, then come on in and check out the variety of food and drinks they have ☺

Milestones

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

50th Workout

Rebecca Hill	Daniel Benefield	Becc Gibson	Simon Levings
Pravin Singh	Rose Brouwers-Wilso	Jurvan Erueti	Hayden Littleford
Jeff Robinson	Karen Chambers	Venita Gleeson	Fiona O'Donoghue
Shelley Edmonds	Barry Ashbridge	Mridul Gupta	Jude Pani
Semisi Sikuea	Derek Christensen	Sarfraz Hapuku	Brian Dockery
Rhys Van Dam	Ihaka Christy	Jenna Jenkins	Filippe Oliviera
Michelle Bayley	Mike He	Keiran Jeffares	Liam Jonson
Joshua Olsen	Lee Fleming	Jenny Johnston	

100th Workout

Ella Maseyk
Michelle Weeks

April's Biggest User

Well done to last month's top 16 users!

Andrew M.	37	Robert B.	22
Tapu H.	27	Michelle W.	21
Leon B.	25	Caitlin K.	21
Linus P.	24	Gary W.	21
Joshua O.	24	Michelle B.	20
Hare G.	23	Jacob P.	20
Alice T.	23	Shelley E.	20
Emerson D.	23	Jasprit S.	20



Anzac Cookies

Serves: 24

Time to make:

1 tbsp chia seeds mixed with 1/4 cup milk (cow, rice, soy or almond) or water*
 1 cup rice flakes OR 1 cup quinoa flakes**
 1 cup gluten-free flour (brown rice flour works well, or try using a gluten-free flour mix)***
 1 cup coconut
 1 tsp cinnamon
 1 tsp xanthan gum
 1/2 cup canola oil

3/4 cup brown sugar
 2 tsp LSA (optional)
 4 tbsp golden syrup
 1 1/2 tsp baking soda

Preheat oven to 160°C. Mix the chia seeds and milk in a small bowl and set aside for about 15 minutes, stirring occasionally.

Place all the dry ingredients EXCEPT the baking soda into a bowl and mix well.

In a separate bowl, whisk together the chia seeds mix, golden syrup, oil and baking soda. Whisk well until thoroughly combined and the mix has a thick and caramel-like consistency. Add to the dry ingredients and mix well.

Roll teaspoons-full of the mix into balls. Place on a baking tray approximately 3cm apart and flatten with a fork. Bake for about 15 minutes, then leave to cool on the tray for a few minutes before transferring to a rack.

*You can use 1 egg if you don't have any chia seeds.

**The difference between using the rice flakes or the quinoa flakes is that the rice flakes make for a crunchier biscuit. The quinoa flakes have a similar consistency to a normal ANZAC biscuit.

***You may need to use a little extra flour if the mixture appears too wet, or if you are using rice flakes which don't soak up the oil like the quinoa flakes do. No more than half a cup of additional flour should be required.

Nutritional Value per Serve

Calories	125
Protein	1.5g
Fat	6.6g
- Saturated	1.5g
Carbohydrates	19.3g
- Sugars	5.8g

ZZZZZ The Power of Sleep

A lot of us underestimate just how much sleep, or lack of, affects us emotionally, mentally and even physically.

When we're tired, it's too easy to grab some chocolate or that extra cup of coffee for a pick me up. It's definitely too easy to skip the gym and get takeaway on the way home instead. Most of us are guilty of not getting enough quantity, and more importantly, quality of sleep. This can affect our everyday decision making without even realising it.

Our body accumulates lack of sleep, which over time will crash and our metabolism will stop working efficiently. It effects two key hormones – ghrelin and leptin. Ghrelin tells us when to eat and when we are sleep deprived we have too much of it. Leptin tells us when to stop eating and don't have enough of it when we're sleep deprived.

In other words, ↑ ghrelin plus ↓ leptin = weight gain.

To get at least 7.5hrs of quality sleep, here are a few helpful hints –

- ✚ Avoid caffeine from 2pm
- ✚ Create a bed time ritual or schedule and stick to it.
- ✚ Don't eat junk food or a big meal right before bed time.
- ✚ Exercise on a regular basis. It doesn't matter WHEN as long as you DO.
- ✚ Turn off your phone, computer and TV an hour before bed. Darkness allows your body to release the natural sleep hormone, melatonin.



Crank



Fastlane Fitness exclusive cycling class is now available. Unlike most traditional cycling classes, Crank uses road cycling bikes that are attached to RealAxiom wind trainers. They realistically simulate outdoor riding and allow you to train indoors when outdoor circumstances don't allow for it.

The resistance adjusts automatically based on rider speed and the course selected.

The computer screen displays a video synchronized to the bicycle's speed, and shows important training data such as speed, power, heart rate, pedal cadence, slope and elapsed time.

For the class schedule, please check our website or at reception. Booking is essential!

