



ProActive News

May/June

www.proactivegym.co.nz

2009

Making Fitness Affordable

Winter is here again and with it comes the usual rush of colds and flus with a pandemic or two thrown in for good measure!

Unfortunately a fit body is still susceptible to these viruses but a fitter person will be better positioned for recovery and making the best of it while it runs its course. Simply put – keep moving – your health depends on it!

A lot of talk in the media regarding 'the recession'. Not a day goes by that we do not hear of another 100 people losing their jobs – another business closure. It seems that if Swine Flu doesn't get you the recession will!

To make it easier to keep on track – we may well have the answer...

We are offering the greatest deal we have ever had to our members before we offer it to the wider public. Too many times gyms make great offers to attract new members – forgetting the supportive core members already at the club.

Many of our existing members can significantly reduce their membership fee – effectively tightening their belt while trimming their waistline!

We are pleased to recognise the support our existing members have given us by creating a 'foundation membership'

The foundation of the club is its core members.

By committing to a membership term and encouraging others to do so we are able to make your membership rate as low as just **\$12.25** per week.

The earlier you speak to us – the bigger your saving!

Please don't delay – we have a limited number available and can only hold this deal for members until Friday 15th May.

This can only work if we all encourage our friends and family to get involved. The alternative is more price increases – something we are Proactively trying to avoid... Help us to help you and the wider community by keeping fitness affordable for all!

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- **Row, row row your boat...**

Bootcamp Your Gym Needs You!

The Proactive 'think tank' has been busy considering ways to make the winter months more fun and productive...

New for 2009 Boot Camp sessions may be the ticket. A short term focus BootCamps run for 4 weeks at a time.

Pump up the volume and kickstart your results with like-minded people. Join or start a squad and take part in Team Training with the members of your squad. Compete and win prizes by achieving your group goals (2-6 people per squad)

Details at reception.

For a longer-term focus signup for our Biggest Loser and Biggest Winner Competitions

The Biggest Loser competition runs now to September 1st and is

just like the name suggests – drop that extra weight and be in to win great prizes!

The Biggest Winner is for those seeking the challenge of competing in an event like a 10k, half-marathon or maybe taking part in a duathlon or mountain bike race.

'Set
goals
and win
big over
winter'

We 'win' when we make the decision to do something, stick to our plan and 'knock the bastard off'

Commit your goals to paper make progress on your plan and we will help you get there.

Details available at reception.

Winter is a great time to take stock of where we are at and consider where we would like to be.

We encourage everyone to make time for a reassessment.

We can help you to formulate manageable goals and make exercise and nutritional recommendations to meet them. Avoiding winter weight gain is an issue for many. This is a great time to create better habits and move forward. We are here to help.

Get *Pro-Active* this Winter – Your Body will love you for it!

The Winds of Change

The moving of the reception desk and

spruce-up in reception is moving along well. We will now be more available to members and be able to give more feedback through observation – even while busy at the desk on other tasks. Please be proactive if you need assistance – we are here for you!

Rowing Challenge

Our rowing challenge has kicked off. See how quick you can cover 2000 metres. We are looking for the top 6 men and women who will be invited to represent Proactive in the Dunstan Arms Rowing Club corporate challenge in spring.

Group Fitness Timetable – Winter – 2009							
....success through a motivating shared experience...							
	Mon	Tues	Weds	Thur	Fri	Sat	Sun
6.15am		ProSpin		ProSpin			
9.30am	ProStart		ProSpin	ProStart	9.00	ProSpin	
5.15pm		ProSpin		ProSpin			
6pm	ProPump		ProPump	ProStep			



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