THE DV EDITION

All the latest news at Diamond Valley Sports and Fitness Centre - December Edition 2011

From the managers Desk

Christmas is here! Our tree is up, and as we are now in the festive season, there is lots happening around the centre.

During the Christmas / New Year period we will be drum sanding courts 1, 2, 3 & 4 and replacing their lines, which will have them looking great for the New Year.

We will also be introducing our revised group fitness timetable which will include more classes and a new 'core' class. See attached for altered group fitness class times and hours over the Christmas and New Years break.

I would like to wish everyone a very merry Christmas and a Happy New Year for 2012. I hope everyone has the chance to spend this special time with your family and close friends.

-Simone Evans

KIOSK SPECIAL!

Buy one coffee get one FREE!!

Simply cut this coupon out and present to the Kiosk to redeem. Offer valid up until 31st December, 2011. This is limited to one coupon per customer and valid for gym members only.

New Member Loyalty Rewards Program- The 300 CLUB

Diamond Valley Sports and Fitness Centre, wants to reward those members that go above and beyond. We are proud to implement our first ever member loyalty program which recognises those members that have been significant users of our gym and group fitness facilities. **The 300 Club** rewards member's that reach 300 workouts both in the gym and group fitness classes. Once a member reaches 300 workouts, they receive a special workout singlet!

Members are also rewarded at the 150 workout milestone with 2 free weeks of membership. See our reception today to see how many workouts you're on! Become one of our elite and be rewarded! Also try the **300 workout** if you're tough enough? See one of our trainers for more info.

BOOT CAMP REVIEW

Day one of our spring boot camp was one of promise: to deliver surprising results in a short 6 week period. Day 17 certainly did just that, when the second round of fitness testing delivered outstanding results. 6 weeks/18 sessions/18 hours of intensive agility, strength and endurance training - completely transformed not only fitness levels and body fat loss, but also motivation, determination and team work. I am so proud of how hard my 'boot campers' worked, especially when all the incredible results came pouring through. Examples include: a level 4.5 beep test result double to 9.1, a 12 minute push up test increase from 17 to 36, and a wall squat test improve from 4 mins to 6.5 mins. Absolute Gold!

Just goes to show what is waiting to be achieved when we step outside of our comfort zone and allow ourselves to be really put through our paces! Well done to all those that took part! Have you got what it takes to give it a go yourself? – Rhiannon Wallace

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Child Care News

Santa is coming soon and with many excited children and staff it's a lovely time of year. The children are talking about Christmas and the presents they hope to get, while the staff are planning many fun Christmas art activities and games.

Parents can finish their Christmas shopping without the children. We have occasional care places available Monday to Friday 9am to 12pm.Make a booking with child care staff.

All families need to complete a **new** child enrolment form for 2012.The form and information regarding our **new** booking system shall be available from December. Child Care will be closed from Saturday 24th December and reopen Tuesday 24th January 2012.

Good Luck to all the children going to kinder or school next year, we hope you have a happy and enjoyable time.

The Child Care Team would like to thank families for their continued support over the last year and wish you all a safe and

Merry Christmas and a Happy New Year.

–Gaye Harris

Membership

Last month's promotion of, 'pay nothing until 2012' was so popular that we are running it again in December! See the flyer below and be sure to let all your friends know about it too!

Gym memberships make a great Christmas gift! See reception for more info!

We are currently going through the process of updating our membership database and upgrading your membership photos!

Please see our reception staff to update your membership profile picture at your next visit!

Training advice: ***'Don't start counting the reps until the reps start hurting'*** **–Mohammed Ali**

Personal Training Member of the month

The member of the month for November goes to Charntelle Marais. Charntelle has been a member with us for over 12 months, while receiving personal training from our experienced instructor, Dale Gibson. Personal training has been pivotal for Charntelle in achieving her results. "I would have given up without PT. It keeps me accountable and I get better results. PT has also made me a lot stronger mentally as well," Charntelle says. Her favourite thing about coming to the gym is the leg press, and the satisfaction and self-belief that it brings.