



# THE DV EDITION



All the latest news at Diamond Valley Sports and Fitness Centre - February Edition 2012

## From the managers Desk

Welcome to 2012! Make this year the year to focus on achieving your health and fitness goals. I hope all our members and patrons had a lovely Christmas with your families.

On Christmas night we, like many others suffered some serious flood damage resulting in the need for us to close the centre for a few days to focus on making the centre safe. I would like to thank all our members for their patience and understanding during this challenging time. We are close to recovering, however still have some repairs needed within our group fitness rooms, cycle room and meeting rooms etc.

Over the Christmas period we also completed the first drum sand in 15 years to 4 of our courts, this now means we have the new line marking, colours and courts that look and feel sensational. We cannot wait to see our players within the centre enjoy playing on our new court surface.

Please make sure you all book in for a re assessment and chat to a personal trainer today to make sure you have the help and support you need to reach your true potential in 2012!

Are you ready for a challenge? Try our

## BOOT CAMP!

Are you serious about boosting your fitness to a whole new level? Our 6 week Boot Camp will do just that! We put our participants through their paces training in Strength, Agility and Endurance. Whatever your Health and Fitness goal, we will help you reach it! Darren and I will push you forward every step of the way making sure you stay motivated, apply correct technique and never give up! Only a couple of places left so register today at Reception.

It's your year - **TRAIN HARD!** - *Rhiannon Wallace, Personal Trainer / Boot Camp Coordinator*

*\* Rhiannon is competing in the ANB Woman's Novice Figure Body Building Competition on the 26<sup>th</sup> May this year. She has been one of 5 Athletes to be selected to write a Blog about her first Body Building journey on the ANB Victoria website. To be a part of the journey and get an insight to the experience go to [www.anbvictoria.com.au/BLOGS](http://www.anbvictoria.com.au/BLOGS)*

## Gym Member of the month- Dan Chrystie

Dan has been a member with us for over 4 years. As a police officer staying fit is a crucial part of his job. His favourite training is interval training and weighted chin ups and favourite food is steak and pasta. Dan recently completed the 300 workout in 16 mins



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## Membership

### 5,000 GOOD REASON\$ TO JOIN OR RENEW TODAY!

Here at Diamond Valley Sports and Fitness we would like to inform you of our latest promotion: '**5,000 Good Reasons to join today!**' This will be occurring from February 1st 2012 until March 31st 2012 - and is a great way to get fit while going into the running to win \$5,000 cash!

The details of this great promotion are as follows:

- If you are already a member of the Diamond Valley Sports and Fitness Centre you can go into the draw for FREE for the prize of \$5,000 cash by simply committing with us with for an additional 12 months.
- If you are an ex member of the Diamond Valley Sports and Fitness Centre then you will not need to pay a joining fee but will need to commit with us for 12 months.
- If you refer a friend or family member to join, both of you will go into the draw, so the more people you refer, the better chance you have of winning the cash!

From here, all you will need to do is bring this letter into reception and fill in a new membership application and you will be in the draw. It's as simple as that!

If you would like any additional information regarding this fantastic promotion, feel free to give us a call on 03 9435 8444 or email us at [dvsfc@belgravialeisure.com.au](mailto:dvsfc@belgravialeisure.com.au).

## Health Club

### Advice from our trainers

**Number 1 error in the gym - You always stick to the same workout.** We all tend to repeat the things we like doing, so it's no wonder that once we find a workout that suits us we stick to it. Our trainers advise against this. Change your programme after 6 - 8 weeks, otherwise you get into a pattern and you stop producing results because your body has hit a plateau. As well as changing your workout, you can mix it up by cross training – try a boxing circuit or pump class once a week!

**Quote of the week** - "Pain is temporary, quitting lasts forever"  
Lance Armstrong

## CHILD CARE NEWS

Welcome back children & parents!! With the school year about to start, now is a good time to think about child care.

Occasional care is available Mon – Fri, children will enjoy pasting/painting/sensory experiences and socializing with other children.

All children need a new 2012 enrolment form, (available from reception) and attached is information regarding our new booking procedures.

Come and see child care staff today!