

Members Benefits

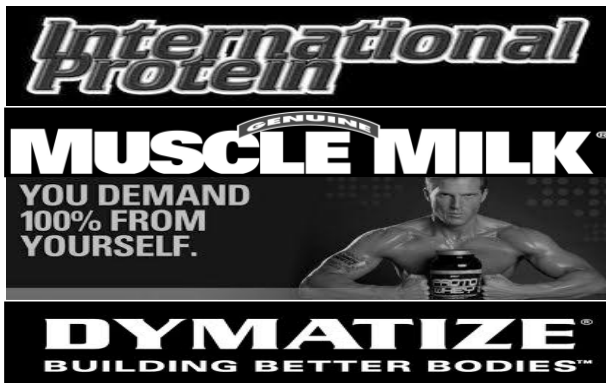


10% off food when dining Mon – Thurs in the Bistro, Café or Sports Bar
Discount is not valid with any other promotions, vouchers, discounts, offers or on set or function menus.
Upon presentation of membership card



10% off total bill
Upon presentation of membership card

Don't forget to see Christian or Matt about our huge range of protein, SEE WHAT PACKAGE THEY CAN DO FOR YOU!



Members Benefits



“\$5 Swarovski Vajazzle Design with any Brazilian Wax! Perfect for Valentine's Day!”
Must mention ad at time of booking

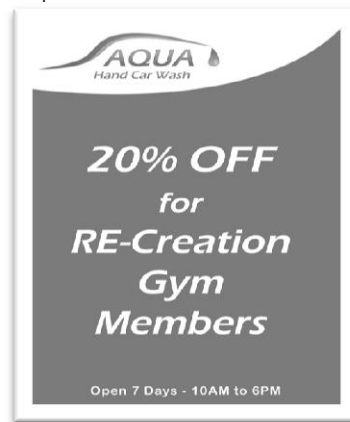
10% discount
Upon presentation of membership



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Re-Creation
Health Club



CAROLINE SPRINGS

FEBRUARY 2012

We welcome Bianca, Georgia and Matt to our Gym floor team.
Also a big welcome to Rebecca and Paul who will be working on our Reception Team.
And last but not least welcome Sheena, Inci and Christian to our Membership team.

Kicks for Kids & Teen Boot camp

We are taking enrolments for Term 1 for Kids Fit and Teen Boot camp



See reception for more details and enrolment forms.
Term 1 starts on Tuesday the 7th of Feb

Club News

Call Donna on 0419 744 678 or
donna@getphatwithjen.com

for more info

BOOK SOON TO SECURE YOUR PLACE

Running for 3 days on the 17th, 18th & 19th of
Feb @ Re-Creation Health Club Caroline
Springs.

\$300 each or Bring a friend and pay \$200
each. Online bookings only.



Come and see us at

13-15 Lake Street, Caroline Springs

Ph: 8361 7722

Opening Hours

MON – THUR	5.30am to 10.00pm
FRIDAY	5.30am to 9.00pm
SATURDAY	8.00am to 5.00pm
SUNDAY	9.00am to 4.00pm

Class of the Month



Is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor! Like all the LES MILLS™ programs, a new BODYATTACK™ class is released every three months with new music and choreography.

PLEASE BRING A TOWEL

Please remember to bring a towel with you when you train. Especially now that the weather is warming up!

Club News

Child Minding

Child minding is open
Monday- Fridays- 9am to 12 noon
Saturdays- 8.30am to 11.30am
There are limited spots available each week, so make sure to book in at reception.

Child Minding Packs:

10 pack \$40 (\$4 / session)

20 pack \$70 (\$3.50 / session)

50 Pack \$165 (\$3.30 / session)

Now, there is no excuse for missing your weekend gym sessios!



Join us on Facebook to catch up on daily tips and anything happening within our club. Please feel free to leave any feedback or comments

Melton Shire Business Excellence Awards.

- Winner Best Leisure, Health & Fitness 2008 and 2009
 - Best Franchise 2010
 - Business of the Year 2010
- Winner Community Contribution Award
 - Business Leader Awards 2008

Don't forget about our Personal trainers. If you are struggling for motivation see out Reception team to find out more about our Personal Training Rates and Packages...