

Rec Centre Ramble 7

Our annual Members Night is being held on 2nd November @ 6pm in Mrs O's and Te Kete Ika to celebrate some individual successes of members and a chance to mingle with some of the people you see in the gym but never have the time to chat to. See us at reception to secure a ticket. \$5 = a glass of wine or beer and some delectable eats.



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RecreationCentre
Making a Difference

Members Night

Join us for an end of year thank you over some light drinks and nibbles as we celebrate your successes in 2016

6:00pm - 8:00pm Wednesday 2nd November
Mrs O's Cafe & Te Kete Ika Dining Room

Tickets to be purchased from reception for \$5 and includes a complimentary beer, wine or juice
Cash bar available, RSVP by Monday 31st October

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E recsuper@lincoln.ac.nz
W www.reccentre.lincoln.ac.nz
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Check out our new Summer Hummer Promo starting 1st Nov



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Summer Hummer
3 Month Membership
\$180

Join up between 1 Nov - 30 Nov 2016. Membership valid until 19 Feb 2017

Membership includes an initial health appraisal and start-up programme, access to over 30 group exercise classes, fully equipped outdoor gym, boxing studio, new sports hall, squash courts, tennis courts, playing fields, fitness track, massage therapy and qualified personal trainers

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The new Summer Group Exercise timetable will come into effect on 28th November. Penelope welcomes any suggestions you may have, so please see her if there's something you would like to see changed.

We welcome a new Personal Trainer to the Rec Centre. Blair Bisman with his business BB Fit will be starting officially this week, although you may've already seen him around here when he was an intern with us. A fuller introduction to Blair will be in the next newsletter.

The LU exams are now over and the Sports Hall will be open again from Wednesday 2nd November.

Penelope and Stu's adventures...

Stu and I were very fortunate to be invited to Guatemala to present at the inaugural sport expo "STAMINA".

This event was organised by our close friend Maria and her business partner Mingo. As part of our commitment to them we trained their Les Mills instructors, taught in their gyms and presented at "STAMINA" over two days.

In-between our work we got to be tourists: climbing Pacaya Volcano at 3am to see the sunrise, walking through forests to swing on cables and swimming in the warm waters of Lake Atitlan. Seeing how the Mayan people live, their housing so basic their craft so intricate and them as a nation so gentle, helpful and proud was an amazing experience. I feel very honoured to have been a part of this great experience to help Maria and Mingo achieve their dream and to visit such an exciting and wonderful country.

Penelope & Stu

Some photos of their trip:



Member of the Month:

Sue Morris has been a member of the Rec Centre for over five years. She is also a member of the Christchurch Sweet Adelines. This choir group has just been to Las Vegas to compete. The Sweet Adelines came 5th overall and were voted the 'Most entertaining'. Sue has been fundraising for all of 2016 making and selling her beautiful necklaces as well as her full time work and keeping up her exercise routine.



White Ribbon Day

Wednesday 25th November

Show your support by attending Body Balance at 12pm

Followed by light refreshments

SAY NO TO VIOLENCE TOWARDS WOMEN

CLOSED ON CANTERBURY SHOW DAY FRIDAY 11TH NOVEMBER

Me and My 4 M8's

Create a team of 5 and participate in the monthly challenges. Based on the principles of the Ways of Wellness for example Give: Feel like a hot drink, make one for someone else as well. This finishes with an inter team event on the 30th of November.



RecreationCentre

"Making a Difference"



Me & My 4 M8's Amazing Month

1st - 30th November

Complete various activities in your team of 5
throughout the month of November

& finish with the GR8 Inter-team Challenge

on Wednesday 30th November at 3:00pm

Contact Callum.Brown@lincoln.ac.nz for more information