

Rec Centre Ramble 8

Introducing Blair Bisman, new personal trainer on the team.

Blair grew up in Templeton and went to Lincoln High School. He is a REPS registered Personal Trainer and also completing a bachelor's degree in Exercise and Sports Science. He is very passionate about all sports and in particular Rugby League and Running. His strengths include Weight loss management, increasing strength and overall fitness and Circuit training. Blair is very excited about joining the team at the Rec Centre and looks forward to working with members and all the new challenges ahead.

Congratulations to the following Netball Sports Scholars who have been selected in Netball Mainland's BEKO Squad for 2017

Lily Fletcher

Kate Lloyd

Bella James

Pare Gilmartin-Kara

Relay For Life: The Rec Centre are entering teams for the overnight walk/run relay event on April 1st and 2nd 2017 to help raise funds for cancer victims and their families in the Selwyn area. All ages and fitness levels can take part.

Email: Penelope.sole@lincoln.ac.nz

Check out our new casual rate:

\$9 per casual session including group exercise \$49.80 for a 6 visit concession card.

Blairs Introductory Promotion:

Summer Blitz is a 4 or 6 week Personal Training package designed to help you get ready for summer!

There are 2 or 3 sessions per week options and also deals for groups. If you are wanting quick results in time for the hot sunny weather get in contact today.



Summer Blitz

The Summer Blitz is a four or six week programme for individuals wanting to improve their fitness and get ready for summer.

It's a great way to get some fast results before the holiday period and at a great price!!

30 min session x 1 Per Week = \$130 (4 weeks)

30 min session x 2 Per Week = \$250 (4 weeks)

45 min session x 1 Per Week = \$170 (4 weeks)

45 min session x 2 Per Week = \$320 (4 weeks)

30 min session x 1 Per Week = \$190 (6 weeks)

30 min session x 2 Per Week = \$370 (6 weeks)

45 min session x 1 Per Week = \$250 (6 weeks)

45 min session x 2 Per Week = \$480 (6 weeks)



BB Fitness

Group Exercise Summer Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
6:05am	RPM Keryn		RPM Keryn		RPM Steph	8:30am	Lincoln Boxing Blair	
6:50am		Lincoln YOGA Tilak					BODYSTEP Julie L	
9:00am		BODYVIVE Penelope		BODYPUMP Penelope	BODYBALANCE Penelope	9:05am		BODYVIVE Charlie
10:00am	Lincoln ACTIVE SENIORS Penelope			Lincoln ACTIVE SENIORS Penelope		9:30am	BODYPUMP Stu	
10:30am						10:30am	BODYBALANCE Julie C	
12:00pm	RPM Callum	BODYPUMP Express Penelope	BODYBALANCE Julie C		Lincoln YOGA Penny	Recreation Centre Opening Hours Monday - Thursday 6:00am - 10:00pm Friday 6:00am - 8:00pm Saturday 8:15am - 4:00pm Sunday 9:00am - 5:00pm Group Exercise Summer Timetable 28 November 2016 - 6 February 2017 (Please note there will be a Xmas Timetable from December to mid January) Contact us on 03 4230550		
12:45pm								
4:30pm								
5:00pm	BODYATTACK Penelope	ZUMBA Gwen	BODYATTACK 30 Minutes Yo	BODYPUMP Charlie	Lincoln CHISELED 30 Minutes Tom			
5:15pm	Lincoln Boxing Hoani		Lincoln CIRCUIT Callum					
5:30pm			BODYPUMP 30 Minutes Penelope					
6:00pm	BODYPUMP Charlie	BODYCOMBAT Stu	Lincoln CHISELED 30 Minutes Penelope					
6:30pm								
7:00pm	BODYBALANCE Penelope	BODYPUMP Stu						

P 03 4230550
 E recsuper@lincoln.ac.nz
 W reccentre.lincoln.ac.nz
 F www.facebook.com/LURecCentre



12 Classes of Christmas 1st - 22nd December



**Complete any 12 group exercise classes
and have them signed off by your
instructor and go into the
Christmas Hamper draw**



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BODYPUMP CHRISTMAS CLASS



THURSDAY DEC 15th @ 5pm

Come celebrate 2016 with us
Join us for nibbles and drinks

Dress up in Green



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Recreation Centre Christmas Hours 2016/2017

Thursday 22 nd Dec	6am-10pm
Friday 23 rd Dec	6am-8pm
Saturday 24 th Dec	8am-4pm
Sunday 25 th Dec	Closed
Monday 26 th Dec	Closed
Tuesday 27 th Dec	6am-noon
Wednesday 28 th Dec	6am-noon
Thursday 29 th Dec	6am-noon
Friday 30 th Dec	6am-noon
Saturday 31 st Dec	8am-4pm
Sunday 1 st Jan	Closed
Monday 2 nd Jan	Closed
Tuesday 3 rd Jan	6am-noon
Wednesday 4 th Jan	6am-10pm

Normal hours will resume from Wednesday 4th January 2017
There will be reduced group exercise classes over this period
Please contact reception for a timetable

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