

pace fitness NEWS

April 2019 Edition



MANAGER'S MESSAGE

TRACKING THE PACE

During the first half of April, Sleeman will be jam-packed with an array of cycling, swimming and other sporting events including: Elite Track Cycling Championships (April 3rd to 6th), Qld Judo Championships (April 5th & 6th), BMX 2019 Qld International Cup (April 5th), Masters Track Cycling Championships (April 7th to 10th), Brisbane Six Day Cycling Event (April 12th to 14th), Masters Swimming (April 11th to 13th) and Gymnastics Qld State Championships (April 11th to 14th). It's exciting to have so many world-class athletes competing here at Sleeman. Pace members can expect traffic congestion and reduced parking during this time. More information will be communicated to members so please keep an eye out for emails sent during the period. The Easter weekend closely follows from April 19th to April 22nd (see reverse for opening hours etc.).

A new Group Fitness Class Timetable came into effect on Saturday March 30th. Most of the classes that have been held in the Outdoor Pool January to March will move back indoors. For more information, please go to our website or collect a copy from Pace or Aquatic Reception.

Do you want RESULTS? - The resident Physiotherapy practice on site here at Sleeman, Results Physiotherapy, have offered for 2 of their Physiotherapists to visit Pace to give advice to members on any injury or concern that they may have (free of charge). They will be here in the Fitness Centre on Thursday mornings between 8am and 9am during April & May (see article on reverse).



Yours in staying on Pace
David Trahair
Health & Fitness Manager

Exercise of the Month STRETCHING

Do you stretch as part of your exercise routine? Stretching can be beneficial in helping prevent injury and also help improve flexibility and range of motion. There is an inverse relationship between strength and flexibility, meaning that the stronger the muscle, the more inflexible it tends to be. Stretching will help lengthen your muscle fibres and can prevent injury through inflexibility.

After a general warm-up (e.g. 5-10mins on a cardio machine) or at the end of your exercise routine, the muscles are warmer and more elastic. Once your muscles are warm you can do some slow, relaxed, static stretching. It is recommended that your routine involves stretching all major muscle groups including the upper back, chest, torso, neck, arms, thighs, hamstrings and calves

Stretches should be done slowly and smoothly and held for 20 to 30 seconds. Repeat stretches 2 to 3 times each.



If you would like some advice about stretching, talk to one of our instructors. We have a chart of static stretches and foam roller stretches that we can go through with you.

FRIEND IN TRAINING

Would you like a reward for introducing a Friend?

If your Friend In Training* joins:

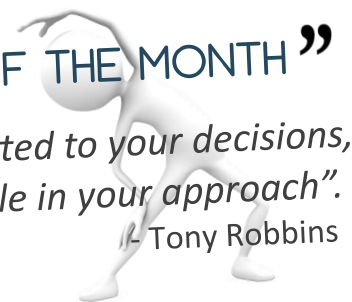
- for 1 month - you receive 1 week added to your membership
- for 3 months - you receive 2 weeks added to your membership
- for 12 months - you receive 1 month added to your membership
- on a Promotion Offer - you receive 1 week added to your membership

*Friend In Training must not have been a member of Pace at Sleeman over the last 12 months.

“QUOTE OF THE MONTH”

“Stay committed to your decisions, but stay flexible in your approach”.

— Tony Robbins



NEW TIMETABLE: GROUP FITNESS CLASSES

as of March 30th

See Website OR Reception for more information

5 Reasons to Get into Group Fitness

Being part of a group can influence us to be our best. Group Fitness classes are a very effective way to increase your fitness and get you in shape.

Here are five reasons why Group Fitness classes work.

1) Get Expert Advice

Group exercise instructors are certified professionals. Having someone tell you to work hard encourages you to take your fitness to the next level. Instructors also ensure your health and safety by teaching you how to execute moves correctly.

2) Get Structure

Each class has a specific structure, and instructors provide exact directions on how to complete certain moves.

3) Get Challenged

Working out with a group of people can serve as healthy competition. It's a fantastic motivator to help you work harder. Another added benefit is it's quite social and you can also bring along a friend with you.

4) Get Training Ideas

Attending classes can teach you new exercises and moves that you can add into your daily individual workouts.

5) Get Results

Trying something new challenges your mind and body. An appropriate group exercise class will have you work efficiently and effectively and the payoff will be worth the sweat and struggle.

Do you want RESULTS?

Results Chandler physiotherapists Sam Hodgkinson and Chantelle Bailey will be attending PACE gym in April and May to provide rehabilitation and general gym advice to any PACE members. They will be in Fitness Centre on **Thursdays from 8:00AM to 9:00AM**.

Sam Hodgkinson has been working at Results Physiotherapy since 2015. Prior to studying Physiotherapy, Sam completed a bachelor in Exercise Science. He has worked with athletes of all ages and stages, from weekend warriors all the way to those at a national level. Currently, Sam is the Physiotherapist for Easts Tigers Rugby League, and is working closely with Chandler Tennis Centre.



Chantelle Bailey started at Results Physiotherapy in 2019 after graduating with a Bachelor of Physiotherapy from the University of Queensland. Chantelle has worked with the Football Queensland Youth Championships, Queensland and National level women's rugby league players, and professional dancers.



Keep an eye out for Sam and Chantelle's articles in future Pace newsletters.



FITNESS CHALLENGES

Lift the Pace Challenge

This involved completing 10 gym circuit sessions over the 5 week period and attending a fitness testing session at the start and end of the challenge.

- 26 participants registered.
- 16 participants submitted their Log Books with all managing to improve in each of the fitness component areas tested.
- Lekala Gorman, one of our Pace Class Instructors took out the award for the Highest Percentage of Weight Loss (3.9%). Her name will be added to the "Robert Allan Memorial Plaque" which hangs on the wall as you enter the Fitness Centre.
- All successful participants received a Pace Towel for their efforts.

Who else finished the Challenge?

Amy Walker, Cathy Wilson, Cheryl Smith, Coralie Campbell, Craig Ross, Donna Field, Garry Doonan, Justin Stewart, Karin Behrens, Mary Blowers, Mike Campbell, Nicki Whyte, Peter Letnic, Peter Szilagyai & Sue Baker.

Let's Move for a Better World Challenge

We had 81 participants join in to move more between March 11th and March 30th. The Top 10 was hotly contested with Michelle Cumming completing the most number of moves.



Sweat 16 Challenge

Starts May 1st - More information available soon

EASTER 2019 Hours of Operation

Day / Date	Brisbane Aquatic Centre	PACE Fitness Centre	PACE Classes
Friday April 19th Good Friday	CLOSED	CLOSED	NO CLASSES
Saturday April 20th Easter Saturday	8.00am - 6.00pm	8.00am - 6.00pm	NO CLASSES
Sunday April 21st Easter Sunday	8.00am - 6.00pm	8.00am - 6.00pm	NO CLASSES
Monday April 22nd Easter Monday	8.00am - 6.00pm	8.00am - 6.00pm	NO CLASSES

Puddle Ducks Child Care - CLOSED Friday April 19th & Monday April 22nd

EASTER SCHOOL HOLIDAY PROGRAM - Sunday April 7th to Monday April 22nd

Waterslide & Inflatables on various days - See reception or website for more information

www.sleemansports.com.au