

Good morning []

Brief News Update –

(Don't forget about the "Latest News" button on our homepage for up to date info)

I hope you are now back into your normal routine of training after the Rugby World Cup and the strange low energy "after effects" that the country seemed to experience. Also didn't help to have that gas issue at the same time did it! Weren't we lucky to have our gas supply available throughout! Thank you to all who adhered to our 1 towel per visit rule while we were anticipating the stoppage.

2011 Fitness Industry Awards – Finalists Announced

I'd like to highlight a fantastic achievement (and a first for the club) by one of our team, Raenee Wilson, for recently being announced as "AUT University, Gym Instructor of the Year, Finalist". This is an amazing achievement to reach the finalists and is so deserved. Well done Raenee! In addition 151 has once again also made finalist for "Club of the Year (501-1000 members), Fitness Industry Awards, for the third time in 3 entries, winning the previous 2 times. Up against some very tough competition this year, but we'll keep you posted.

Social Soccer Tournament

A reminder to our football "hooligans" that the last day to enter your team for this fun tournament is November 14. We hear there is a lot of interest but we need confirmation of teams so we can make up the draw. More details on our web page search for soccer tournament or see us at reception.

Adult Learn to Swim Boot Camp

ONLY 2 PLACES LEFT. Get in fast!! Starts 14th of November. Again, more details on our web page

OOMPH Challenge

Raenee is very eager to help another group of you make great gains with your fitness, toning and fat loss with this short, intensive programme. To those of you who have already confirmed your place, thank you, we will be in touch with more details shortly. To those of you who are still procrastinating – come on, time to act! More details on the web page.

NEW Boxing Fitness Class

Paul offers his first boxing fitness class starting Monday the 7th of November at 1pm. Read more on our web page. Use the search function to find details.

Please note the Wednesday class time has been changed as Aaron Hansen's Tennis Fit class runs on that day. Wednesday boxing class time will be from 1.30 – 2.15

David Thompson (151 Club Manager) in Las Vegas

For those of you who did not know, our Dave is currently preparing in Las Vegas for his upcoming race at the Las Vegas ITU World Long Distance Triathlon Champs, 2011. We are anxiously awaiting the start to his event and will let you know how he goes. You can Google the event for more immediate updates if you wish.

Have a good afternoon

Kind regards

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