



Pinnacle NEWSLETTER

June 2010

PINNACLE
Health Club
NOW OPEN
24/7

Upcoming Events

• **Winter Boot Camp**
⇒ Starts 20th July

• **Pinnacle Anytime**
24/7 Access

• **PINNACLE FUN RUN**
⇒ Sunday, 15th August
⇒ Time: 8:30 am
⇒ Distance: 5km, 10km Run/walk

• **Boot Camp Presentation Night**
⇒ Friday, 3rd September

PINNACLE 24/7
ACCESS NOW AVAILABLE

PINNACLE FUN RUN

As you all probably know we held the second of our four fun runs for the year on Sunday, May 16th.

First of all we would like to congratulate all the participants for their tremendous efforts and hope that everybody had an enjoyable day and achieved their own personal goals!

A big congratulations to Emma Nicholls for coming 1st place in our 10 km with a fantastic time of 45:38:00 and to Pinnacle Pete for taking 1st place in our 5 km run.



Now it is time to start training for our next fun run which will be held on the 15th of August.

Members are encouraged to use this as motivation to stay focused and on track with your health and fitness as the colder months arrive - but also use it to strive to beat your personal bests!



Talk to Reception Staff to sign up for the Winter Boot Camp. Starts 20th July



Big congratulations to everybody who participated in yet another successful Boot Camp by Pinnacle over the Autumn season, and for your tremendous efforts and results.

The 'Boot Camp Champ' for Autumn 2010 goes to **Samantha Smith**



for her exceptional efforts and hard work. Samantha has lost a total of 5 kgs and took 3 minutes off her 2km total time trial, which is a true indication of how far she has come over the 6 week journey.

Congratulations to the **PANTHERS** for winning the best over-all team award.

PINNACLE



PinnacleNEWSLETTER

June 2010

PINNACLE 24/7
ACCESS ANYTIME

24/7 ACCESS UPDATE

As you are aware we have moved on to 24 hour access and we are pleased to announce that all is going well. A big thankyou to everyone for your cooperation in putting weights away after use. This has allowed easy access for all members as well as maintaining a safe environment. Access cards are still available for purchase at reception for \$75. Drop by to get your card today and work out anytime.

Hey Ben – What other changes do we have to look forward to??

Hello Valued Members,
Pinnacle has got some more exciting changes still to come. I hope you are enjoying your 24/7 access. Thank you to everyone for using the system correctly. We are continuously trying to give members more for their money and with more changes still to come the value will get even better!

- ⇒ Brand New Boxing Studio
- ⇒ Zumba Classes
- ⇒ Hot Yoga
- ⇒ Updated Treadmills for ladies area
- ⇒ New pin loaded weight machines for mixed area

HEALTHY WINTER WARMER

MOROCCAN LENTIL SOUP

1 tablespoon olive oil
2 onions, peeled and chopped
2 cloves garlic, crushed
1 teaspoon grated root ginger
1.5 litres water
220g (1 cup) red lentils
1x400g tin chickpeas, drained
1x400g tin cannellini beans
1x400g can chopped tomatoes
3 carrots, peeled and diced
3 stalks celery, diced
1 teaspoon garam masala
1 1/2 teaspoons ground cardamom
1/2 teaspoon ground cayenne pepper
1/2 teaspoon ground cumin

METHOD

1. In large saucepan, fry onions, garlic and ginger in olive oil for about 5 minutes
2. Add the water, lentils, chickpeas, cannellini beans, tomatoes, carrots, celery, garam masala, cardamom, cayenne pepper and cumin.
3. Bring to the boil for a few minutes then simmer for 1 to 1½ hours or longer, until the lentils are tender.
4. Purée half the soup in a food processor or blender. Return the puréed soup to the pot, stir and serve.



KIDS JUNIOR FITNESS

Keep the kids active during the colder weather with our Junior Membership

- ⇒ Boxing Circuit ⇒ Junior Fun Fit
- ⇒ Cardio Blast ⇒ Karate
- ⇒ Cycle Circuit ⇒ (For Ages 9-13)

RECEPTION HOURS

Monday – Thursday: 9:00 am – 9:00 pm
Friday: 9:00 am – 7:30 pm
Saturday: 8:00 am – 12:00 pm
Sunday: 9:00 am – 12:00 pm

756 Stud Road,
SCORESBY, VIC 3179

9764 9112 ph
9764 9113 fax

www.pinnaclehealthclub.com.au



PINNACLE
Health Club
NOW OPEN
24/7

