

N O V E M B E R 2 0 1 9

the Bench Press

Range Community Gym & Fitness Centre (Mapleton), Inc.



Words from the Committee

As most of you are aware, our gym is a not-for-profit community gym. Whilst we try to keep our membership and attendance fees down, it is essential for us to apply for grants and do lots of fundraising through out the year. We have some great fundraising opportunities coming up in December with Light the Lights catering on the 6th December and our annual Christmas Raffle. Please get behind these initiatives to ensure we can continue to provide a great place to workout and keep fit. The gym will be closed for the Christmas holiday period from 10 am on the 23th December 2019 to 6am on the 6th January 2020.

Save the Date!

Bunnings

12 November

Looking for helpers at the next sausage sizzle...the roster is out now!

Christmas Party

24 November

Join us for X'mas barefoot bowls, fun & games from 4-6pm. BYO plate to share.

Light the Lights

6 December

The gym would love your support...lend a hand on the night or come and enjoy the yummy food.

Committee

President:

Kel Anderson

Vice President:

Chaffey Backhouse

Secretary:

Andrea Campbell

Treasurer:

Ardyn Moreton

Committee Members:

Audrey McHardy

Ray Price

Lyndall Hulme

Paul Moriarty

Angela Blakely

Fiona Kurnadi

Lisa Forest





Newsletter Advertising

If you would like to sponsor the gym and have your business advertised in our monthly newsletter, please email the committee with your advertisement and logo

mapletongym@gmail.com

For a small contribution of \$50 per year, your business will be seen by gym members and others in our community.



First Aid Training

The committee received an overwhelming response from members wanting to undertake first aid training.

Triple O First Aid has been engaged to deliver the nationally recognized course at the gym!

Date: Sunday, 8 December 2019

Time: 8.15am-4.30pm

Cost: \$90 per person (usually \$125.00)

Places are limited to 12 people per course.

Our Secretary, Andrea Campbell, will endeavor to contact those who have already shown interest in undertaking this training.

We will also be offering another training day in early 2020 – date to be advised.

Reminder: No More Plastic Cups

In an endeavor to help Climate Change, the gym will not be providing plastic cups at the water station in 2020. Water will still be available, however members are encouraged to bring a water bottle / drinking vessel. Last year, the gym used over 8000 plastic cups! Let's help the planet.



Why not Give the Gift that keeps on Giving this Christmas?



A gift certificate from the Range Gym

\$60.00 for one month

\$110 for two months

\$160 for three months

Your Gift Certificate comes with:

- Free assessment, program and supervision
- Access to circuit classes
- Your goal is our goal...fitness, weight loss, rehabilitation
- No joining fee



See Paul or Tina when you are next at the Gym.

Christmas Raffle

Can you believe there are only 47 more sleeps until Christmas?

The gym will be holding its annual Christmas Raffle again this year.

3 x MASSIVE hampers to be WON!

If you would like to donate items toward the raffle, a collection basket has been placed on the front desk at the gym.

Tickets \$2 each or 3 for \$5

GYM LIBRARY BOOKS

A selection of books are available for gym members to borrow. If you have borrowed a gym library book, please remember to write your name in the book register and return it within 2 weeks.



Optimal fitness requires a balanced exercise routine incorporating aerobic, strength & flexibility exercises

The associated benefits of these three types of exercise provide varying benefits for health and longevity. By increasing your heart rate through aerobic exercises you oxygenate the body to improve heart and brain health. Strength training builds muscle mass, which in turn burns fat. Additionally, it's been proven to promote cognitive function. In order to perform everyday activities with ease, flexibility is required. By stretching regularly, practicing yoga, or Pilates, you can prevent loss of mobility, decrease risk of injury and improve exercise performance.



Tai Chi

Are you or do you know of a Tai Chi instructor who would like to offer classes at our gym? If so, please chat with Paul Moriarty or one of the committee members. The committee is keen to explore initiatives promoting health and wellbeing.

DISASTER PREPAREDNESS Free Community Information Night

Monday 18th November from 5pm-7pm

Mapleton Bowls Club

Bushfires can strike anywhere in Queensland



OUR GYM POOCHES 2020 Calendar

Our gym pooches are the stars! This PAWfect calendar will make an ideal Christmas present for any dog lover.

Please see Sandy Goddard at the gym if you would like to purchase one.

OUT SOON!

GYM CHRISTMAS PARTY



- Get a team together for barefoot bowls (instruction provided)
- Enjoy a complimentary Christmas drink – your choice of Beer, Wine, Champagne or Soft Drink
- Bar Open
- RSVP list located on the front desk at the gym
- Lucky door prizes
- Awards presentation

WE LOOK FORWARD TO SEEING YOU THERE!