

Pilates Classes

Wednesdays & Fridays

At

12:30pm – 1:30pm

Want Strong Abs & A Strong Back?

- Pilates is a core stability class that will work your whole body
- It will improve your strength and flexibility
- Regular Pilates classes improve your posture

Sylvia will be happy to answer any questions or concerns you may have regarding Pilates

Total Body Workout

Tuesdays & Fridays

At 6.30am

On the pool deck

Total Body Workout is a full body cardio workout where boxing drills are included.

Classes cater to both male & female.

Friends, family and work associates are most welcome!

Classes will change each time so your body will not adapt to the same exercise.

Gourmet Steak Burgers

Serves: 4

Ingredients

3 onions finely sliced

2 teaspoons olive oil

2 teaspoons balsamic vinegar

8 field mushrooms (peeled & stems removed)

1/2 cup white wine

1 x 800g beef fillet

100g rocket (arugula) leaves

Method

Preheat oven to 180°C

- Cook onions in oil in a saucepan over medium heat, stirring occasionally, for 30 minutes, or until soft.
- Add balsamic vinegar and cook for a further 5 minutes, or until mixture is sticky.
- Heat a large non-stick frying pan over high heat and sear fillet on each side. Transfer meat to a baking dish.
- Place mushrooms in a second baking dish, then pour over wine and slightly season. Cover with foil.
- Place both dishes in oven and bake for 15 minutes.
- Remove beef from oven, cover with foil and set aside to rest for 10 minutes.
- At the same time, remove foil from mushrooms and bake for a further 10 minutes.
- Cut meat into four pieces and serve with rocket leaves and caramelized onions and mushrooms.

Per Serve

- 2 units protein
- 1 1/2 units of vegetables
- 1 1/2 unit fats
- Source
- The CRSIO total wellbeing diet, Beef & Veal Recipe

New CYBEX Equipment

The committee members were very happy to have the top of the range CYBEX equipment unveiled at the Health Club at the end of February.

Compulsory Swiping of Membership Cards

Please remember to swipe your Tattersall's/ Gym Membership Card upon entry into the Health Club on level 5
Monitoring gym usage enables us to purchase new equipment. **Health Centre Staff**