



SWET TALK June 2016 NEWSLETTER

SWET CALENDAR 2016

JUNE	
27	5 WEEK JUN/JUL BOOTCAMP INTAKE COMMENCES
JULY	
29	5 WEEK JUN/JUL BOOTCAMP INTAKE ENDS
30	SWET FIT - IN HOUSE COMP (8AM AND 9AM)
AUGUST	
1	5 WEEK AUG/SEP BOOTCAMP INTAKE COMMENCES (ENDS 2 SEP)
6	TOUGH GUY, TOUGH GAL, WAINUIOMATA
10	SWET HQ'S 2 YEAR ANNIVERSARY - CELEBRATION NIGHT TBC

June is always a good time for reflection. For a lot of us it means the end of another financial year at work and planning for the clean slate we're given in July to set some goals for the next business year ahead. Winter hibernation we already know, doesn't do us any favours so let's tie in some new fitness goals with those business goals. You've probably heard the saying "Summer bodies are made in Winter" and we couldn't agree more!

Keep going team, we're here and looking forward to continuing to keep pushing you forward!



NEW STAFF APPOINTMENT

Welcome to our new group and personal trainer Ricky Belmont who started with us this month. Ricky completed and gained his Level 5 Personal Training and Level 6 Advanced Exercise Prescription qualifications through NZ Institute of Sport. He has an extensive background in strength and conditioning and also specialises in boxing.

Ricky will be taking our new POWER classes on Tue and Thu evenings at 6:30pm.

Welcome Ricky. We're very excited to have you on board!

Check out the end of our newsletter for our Q&A with the man himself.

UPDATED TIMETABLE - COMMENCES MON 27 JUNE

We're excited to add POWER classes to our timetable which will be run by our new strength specialist Ricky. Our POWER classes involve classic Strength based training focusing on fundamental movement patterns using barbells to develop Strength and Power. These sessions will be run in 5 week blocks.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0600	HIIT	SWET FIT	RUSH	HOTBOX	HIIT		R E S T D A Y
0645	HIIT		RUSH		HIIT		
0800						SWET FIT TEST	
0900						HIIT	
0930		HIIT	SWET FIT	RUSH			
1200	HIIT	RUSH	HOTBOX	SWET FIT	RUSH		
		CBD HIIT		CBD HIIT			
1730	ANDERSON PARK RUSH		ANDERSON PARK RUSH		ANDERSON PARK RUSH		
	MAD MONDAY	HOTBOX	RUSH	THROW-BACK THURSDAY	HIIT		
1830	MAD MONDAY	POWER	MOBILITY	POWER			

RUCK CANCER WINNER

Thank you all for getting behind Ruck Cancer and also for your generous donations. All of your proceeds were received gratefully by this wonderful organisation.

Congratulations also to Kinkar Saha who was lucky enough to win the 2 x All Black Tickets.

<http://www.ruckcancer.org.nz>



SUCCESS STORY

Congratulations to Mel Belford on competing in her first ever Powerlifting Event. Not only did Mel achieve personal bests on this day but she also placed 8th out of 60 competitors! A fantastic result from an inspiring and incredibly determined woman! Well done Mel!

SWET 5 WEEK BOOTCAMP

Our next morning and evening bootcamps are due to start on Mon 27 June 2016.

The Bootcamps consist of three 45 minute sessions per week. Weigh-ins are optional and will be held in the first week. These weigh-ins assess your body composition, muscle mass, hydration levels, body fat percentage and your metabolic rate and age. They are a great gauge for monitoring your progress from the beginning to the end of the Bootcamp. If you would like to be weighed in, please let us know as soon as possible so that we can book in a time PRIOR to your first bootcamp class.

We have a promotional offer going at the moment for anyone brand new to SWET where you will only pay **\$149 for your first bootcamp! Get in quick though so we can reserve your spot today!**

Your Camp Options For: MON 27 JUN - FRI

OPTION 1	INDOOR A.M	MON 0600 WED 0600 FRI 0600 OR MON 0645 WED 0645 FRI 0645
OPTION 2	INDOOR P.M	MON 1730 WED 1730 FRI 1730
OPTION 3	OUTDOOR P.M (Anderson Park)	MON 1730 WED 1730 FRI 1730



TOUGH GUY AND GAL 2016

For the third year running, SWET and it's team of 40 participants will be getting down and dirty in this fun-filled mud run course that includes swamp crossings, a spider's web net climb, beautiful native bush trails, tunnels, hurdles, a climbing frame and not to mention, mud, mud and more mud.

This will be the biggest team we have ever entered and we're so looking forward to it. We have six and a half weeks to go.

If you're not up to anything on Sat 6 August 2016, come down and support us, we'd love to see you there.



2014



2015

GETTING TO KNOW ...RICKY BELMONT!

In each newsletter, we will profile different staff and members in the gym so you can get to know a bit more behind those smiling faces in the gym. What better way to start this off than with our latest addition to the SWET team - the man himself, Ricky!

Q - What is your favourite thing/s about being a trainer?

A – I really thrive on seeing someone’s growth both physically and mentally as they go through their fitness journey. Little milestones being achieved are just as exciting as hitting long term goals. Not only for the client but also for me as a trainer. But the best part of this career choice is the interactions and relationships you get to make with the people around you. Already I have met the coolest bunch of guys and gals at SWET. Each with their own story to tell. Being part of such a diverse team, I am looking forward to seeing how those stories unfold as the years come. My favourite type of training is in Strength preferably, power and Olympic lifting. I enjoy the technical aspect of the movement and how much progress you can make with only a handful of exercises if done right.

Q – What do you like to do in your own time away from SWET?

A – For me, it’s all about family, friends and exploring. Whenever I get the chance, I’m always looking to encounter new experiences, whether that’s trying new food or trying out a new activity. I’m currently trying out downhill mountain biking and it’s both life changing and life threatening ha-ha. Note to self – when trying out new things, bring your friends for safety ha-ha. When I’m not training, I love reading. I’m a big nerd and love mostly nonfiction or articles online on a range of different subjects. My latest favourite has to be a fiction novel called ‘Perks of Being a Wall Flower’ which is about living life to the beat of your own drum.

Q – What is the funniest thing about working with DJ and Sammy?

A – The funniest moment came before I was even hired. We had this serious interview process where DJ had been asking all the questions and 10 mins in, DJ turned to Sammy for his turn and Sammy looked down at his notes, then looked back at me and said “ Sorry, I just forgot all the questions I was going to ask you” haha The heat was off (pew) and I knew that we would gel and have a good laugh throughout the rest of the meeting. Jokes still fly around left and right everyday with us three and it's awesome that we share similar humour.

Q – Favourite Food?

A – It changes, but a few years back I would have told you burgers, but more recently I’m loving Turkish Iskender, with loads of meat, side salads and hummus.

Q - Any Hidden Talents that not many people know of?

A – I do a really good Mickey Mouse impression, although my main Disney goal is to be able to impersonate Jack Sparrow haha. If I really put my mind to it though, I can throw together some mean sketches, I’m a big fan of art and drawing, except I just take longer than the average person to put it together unfortunately lol.

Don’t forget if you have any family members or friends that may be interested, we offer 2 complimentary trial sessions.

Please don’t hesitate to contact us if you have any questions or suggestions. All feedback and suggestions are gratefully received and appreciated.

SWET

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