

STARgazer

The STARplex Journal

June/July 2010

COMING EVENTS

The Fairies
8th July

Blue Light Disco
2nd July

STARfun Holiday Program
12th and 13th July

Tribute to George Harrison
17th July

Guys and Dolls
5th, 6th, 7th August

Echoes of a Gentler Time
18th August

ABC Playschool Concert
23rd August

The Tom Jones Show
27th November

INSIDE FEATURES

Sammy STARfish Beats FruChoc in Triple M Back to School Challenge pg 2

Health Tips from STARplex Exercise Physiologist/ Dietician Heath Commane pg 3

Work Experience at STARplex Fitness Centre pg 3

Inspirational Marathon Experiences pg 4

STARplex Athlete Development Program pg 6

STARs in my Eyes Jeff Guess pg 6

Inaugural STARplex Swim Club Carnival pg 7

We want to hear from you.

Do you have a story about your experience at STARplex that you would like published in The STARgazer. By submitting a story you will go into the monthly draw to win a \$100 STARstore voucher. Stories can be sent to The STARgazer editors via contact details on page two of this edition. All stories will be subject to approval from The STARgazer editors.

STARplex 10th Birthday Celebrations

Saturday evening was a night of entertainment, reflection and celebration with invited guests attending a Soiree in the Hewitson Theatre-STARplex. STARplex 10 year members and 10 year staff were recognised on the night. Dale Martin, STARplex General Manager made mention of just some of the amazing stories that have come out of STARplex over the past 10 years.

Many thanks to Bruce Raymond from Trinity College who organised some spectacular entertainment from students of Trinity College featuring some short extracts from the up and coming Trinity College produc-

tion, Guys and Dolls. The evening also marked the beginning of our association with the Starlight Children's Foundation. Kirsty Withers, a representative for the foundation gave an informative insight into the work the Starlight Children's Foundation does for seriously ill and sick children around Australia. Proceeds from ticket sales and the silent auction held on the night were donated to the Starlight Children's Foundation.

This was followed by a Family Fun Day on Sunday with lots of come and try activities. The STARtrail was one of the favourites with the children and the RPM Extreme Class a huge success for fitness enthusiasts who (story continued on page 3)



LEFT: STARplex 10 Year Members

Back Row: Dawn Buckby, Virginia Baines, Catherine Clark, Amanda Cruse, Duncan Cruse, Elizabeth Hombsch, Gladys Dowell, Rene Gerrard, Amanda Page, Deb Russell
Front Row: Linda Burvill-Holmes, Michael Burvill-Holmes, Dawn Mettyear, Carmel Rosier, Stephen Rosier, Carol Richards.

RIGHT: STARplex 10 Year Staff Members

Back Row: Sally Barnett, Mel Boston, Sue Chapman, Janet Clayton, Wendy Gibson, Janet Howarth, Suzy Hodgson, Mae Jelinek, Sam Irrgang, Kelly Lange, Brenton Wittwer.
Front Row: Tracy Terrell, Tash Phillips, Maria Lavender, Fernando Mammone, Wendy Underwood, Ricky Simpson, Judy Wittwer, Dale Martin.



Filex and Les Mills Ultimate Super Workshop

In April the Sydney Convention Centre, Darling Harbor, hosted the biggest gathering of fitness trainers from around Australia and

overseas for the annual exercise prescription for fitness professional summit.

A number of our keen personal training instructors from STARplex Fitness Centre attended seminars given by experts over the three days, learning valuable information and ideas on exercise prescription for adults, children and people with disabilities. This has further developed their understanding into training techniques they can use with their clients and members. (story continued on page 7)

Editors

Dawn Mettyear, Jeff Guess & Kelly Lange

All enquiries regarding feedback or potential articles to The STARplex Journal to be sent to Kelly Lange at langeke@starplex.com.au

STARplex

18-20 Alexander Ave
 Evanston Park SA 5116
 Telephone (08) 8522 0622
 Facsimile (08) 8522 0684
 Web www.starplex.com.au



Hello Readers

On Saturday evening, June 5th, STARplex celebrated its 10th Birthday with a Soiree function in the Hewitson

Theatre - STARplex. It was a grand occasion with opportunity to recognise and thank the many people who have contributed to STARplex over its first 10 years.

In my welcoming speech for the occasion I said thank you to those of you that brought expertise, offered assistance, believed in what could be, became members, took up exercising, swimming, sports activities and started what STARplex has grown into today.

While we have a unique facility, in fact one of the very best multi use venues in

Australia it is not just the building that sets STARplex apart it is rather the way it builds community. I would like to mention a few people whose stories contribute to the fabric and life of STARplex.

Did you know that 12 year old Gavin Wall has overcome being scared to swim in the big pool as a youngster to become a STARplex Swim Club squad member achieving state times with his swimming.

That Kylie Stoeker, who learnt to swim as an adult at STARplex, can now for the first time, swim with her family when they are on holidays.

That Deb Russell the STARplex number one membership cardholder took up membership even before STARplex opened and is still a regular in the fitness centre.

That Amanda Page has lost significant weight by following her STARplex fitness program and sticking to her eating plan. Her continuing journey now sees her undertaking half marathon runs.

That Norm and Stephanie Lange support each other as a couple with their fitness and weight loss programs and come to the fitness centre together most weeks.

That Keyneton and Moculta Primary Schools organise a one and a half hour bus trip to attend STARplex school swimming programs for a week each

year.

That our seniors, some of whom are affectionately known as the "Water Babies", exercise for one hour and then chat in the café for two hours on most visits.

That Kylie Maher in her book "Shedding the Layers" recognises STARplex Fitness Centre as an important part of her rehabilitation following a motor vehicle accident in which she was badly burnt.

That 16 year old Rosie Cutri has won a basketball scholarship to Casper College, Wyoming USA this year, attributing her selection to the athlete development program she has undertaken at STARplex over the past five years.

That Ann Powell who came to STARplex as an overweight diabetic is now so well and healthy she undertakes long distance cycle rides chasing Lance Armstrong around the Tour Down Under. Ann has been labeled STARplex's number one fan for getting a STARplex logo tattooed on her ankle.

My hope is that STARplex will continue to have a positive impact on the fitness, wellness and performance of all who come into contact with this wonderful community and many more stories will follow.

Yours in health

Dale Martin
STARplex General Manager

Sammy STARfish Beats FruChoc in the Triple M Great Mascot Challenge

It was cold, it was early. Sammy STARfish was limbering up completing his stretches with 20 other mascot competitors, all hungry for the prize of the Triple M Great Mascot Challenge Champion. Sammy STARfish had been in training for some time, many believe days and the main goal of the day was to beat the aerodynamically challenged FruChoc. Sure the two shook hands at the start but the underlying message of a challenge was imminent.

Mitcham Primary School was hosting the Triple M Back to School Promotion which featured the Triple M morning breakfast show live at their school. Competitors included the Port Power Mascot, 36er's Murray Magpie, a florists

flower, Breadhead, a termite, Ronald McDonald, a large chicken, an even larger kangaroo, FruChoc and more.

The mascots were lined up, the crowd was silent (well about 200 screaming children actually!) The Mitcham Primary School Choir sang the National Anthem, South Australian Premier Mike Rann announced ready, set, go and they were off and running. Sammy got away to a great start and hurdled the hay bales with grace, a quick 100metres up to the soccer goals and back was the task and as Sammy STARfish rounded the goals we were in with a chance.

Sammy hurdled the hay bales on the way back and it was like slow motion as I watched Sammy fly high above my head, a vision of yellow against the blue sky, somewhere in the distance the

(story continued page 7)





Antioxidants Promote Good Health

Eating foods containing antioxidants can help promote

good health and prevent disease. Antioxidants are naturally occurring compounds in foods which can help neutralise free-radicals (a product of metabolism). Some degenerative conditions caused by free-radicals include arthritis, deterioration of the eyes, damage to nerve cells and acceleration of the

ageing process.

A healthy diet containing foods from a wide variety of sources can provide many types of antioxidants, including vitamins (e.g. vitamin C and vitamin E), minerals (e.g. zinc and selenium) and phytochemicals (e.g. lycopene, catechins and polyphenols).

By eating more antioxidant containing foods, it may be possible to reduce the risk of developing some diseases (heart disease and certain cancers).

To increase your antioxidant supply, ensure you eat plenty of:

Fruits and vegetables

Wholegrain breads and cereals

Nuts and seeds

Drinking tea, dark chocolate, coffee and red wine can also provide extra antioxidants, but the content of these foods can vary between brands.

There is some evidence that very high doses of individual antioxidants may actually be harmful to health so the best way to ensure a healthy supply is by eating a wide variety of natural foods.

Reference: Dietitians Association of Australia (2010), www.daa.asn.au

Heath Commane
Exercise Physiologist/Dietician

STARplex 10th Birthday Celebrations

(story continued from page 1)

enjoyed 75 minutes of choreographed Les Mills RPM tracks taught by four STARplex Fitness Centre Instructors in the Group Fitness Studio. Close to 70 participants joined in this charity event with all proceeds going to the Starlight Children's Foundation. Wes Carr finished the festivities with a live concert attended by over 300 people. Wes played for over an hour with just about everyone bopping along to his music

including Sammy STARfish.

Congratulations to the STARplex 10 year Birthday committee members for all their hard work over many months to bring this weekend of celebrations together, by all accounts the weekend was thoroughly enjoyed by all.

Thank you to everyone for your continued support over the last 10 years and for making our 10th birthday a memorable occasion.

Over \$6,000 was raised for the STARlight Children's Foundation which

we are sure will assist the foundation in brightening the lives of seriously ill children.

Kelly Lange and Dawn Mettyear



Work Placement at STARplex Fitness Centre

My name is Jordan Gauci and I am 16 years old. I have been at Trinity College since reception and am currently in year 11 at Trinity Senior College. This year an external TAFE SA course in Fitness was offered to me, and I jumped at the opportunity. Once I have completed this

course I plan to further my studies with a Certificate III in Fitness.

As I am keen to make the most of opportunities I did a work placement at STARplex Gym in the second week of my first term break. With previous contact with Paul Pearce, STARplex Fitness Centre Manager I had no doubt in my mind that STARplex was a good place to start. To be frank it was the best way to spend my holidays and I picked up some tricks of the trade.

In one week I experienced so much and picked up some valuable tips from the STARplex team. I carried out many tasks, some more interesting than others. I attended group fitness classes, overlooked personal training sessions and client consultations. It was not all fun and games, there was plenty of cleaning to be done, from wiping the sweaty spin bikes, to cleaning and rolling all the fitness mats. I also helped by hauling in heavy sandbags with Dylan Wall, STARplex Fitness Centre staff member, there was never a dull moment. This gave me a new appreciation for gyms as there is always some-

thing to be done.

On the third day of my placement, I was put on the spot. I was asked to go talk to clients, to introduce myself and ask how their day is, why they come to the gym, what they wished to achieve (small talk.) Being watched from a distance, the pressure was on, but the conversation eventually flowed and the questions just kept coming. In the end I felt on top of the world, I gained confidence and was able to hand over small advice and to discuss issues and triumphs within the gym. People were keen to chat and some told of their individual life stories and hardships. As I was cleaning, I came across one man who was struggling with some machines so I was able to hand him over to Sam Cryer, STARplex Fitness Centre staff member, who was able to show him ways to stretch his back and to perform proper technique on the equipment. All this was the experience I was looking for in my placement, real life situations with real life outcomes.

As every day passed my confidence (story continued on page 6)



SA Road Runner – Green Belt Half Marathon

Sunday the 18th of April, 2010 was the day Kevin Hunter and Amanda Page had been waiting for. These two runners had been preparing themselves for over a month to undertake their first half marathon together and now the day had finally

arrived, they both waited at the starting line in anticipation for the race to begin.

The half marathon commencing at Athelstone Primary School and finishing at Pinky Flat, a course covering 21.5 kilometres in total was by all accounts a very scenic and relaxing run.

Kevin reports that it was a perfect day for the run with temperatures around 20 degrees. There was lots of encouragement from onlookers, which he appreciated as the last four kilometres was very challenging and the last half kilometre excruciating as

he began to cramp.

Both runners came in at good times with Amanda finishing the course in 1 hour 58 minutes and Kevin 2 hours and 10 minutes. I asked Amanda and Kevin what their next challenge was going to be and Amanda without hesitating quickly replied "I am going to keep running and want to do a full marathon one day" and Kevin, a little more reserved replied "I'll do another half but not a full marathon, the next challenge for me will be the City to Bay."

Well done to both of you on an excellent achievement.

Dawn Mettyear



North Face 100 Ultra Marathon

"The Blue Mountains North Face 100 Ultra Marathon is the hardest thing I have ever done in my life. I feel like I have really achieved something and I will do it again next year.

I'll also do the 100 mile run (162 kilometre) Queensland Glass House Mountain Ultra Marathon" says Don Jamieson as he casually shows me some pictures taken of him running along a trail surrounded with the most breathtaking picturesque backdrop of the blue mountains in the distance.

As Don recounts his experiences of the 15th of May, 2010 and his 19 hours of running through what sounds like the

roughest terrain imaginable. The Torres Stairs which are so steep that you have to use ropes to climb down, at 67 kilometres his knee swelling up and then at the 75 kilometre mark having to run up and down 400 steps with the most excruciating pain in his knee and quad muscle.

The last 11 kilometres he reports as being the hardest and from the 95 kilometre mark it was all stairs, with the final 700 metres taking him 11 minutes to complete as he ran through the worst pain he has ever felt to finally reach the finish line.

Out of the 650 athletes who started the run 456 finished.

At this point he tells me "I'll never complain about the Adelaide Hills ever again, it is nothing compared to the Blue Mountains".

Don started running five years ago to help with severe lower back problems, sciatica and pain in his hips and legs. He consulted a physiotherapist and on his advice to exercise, decided to start dancing and running to improve his flexibility and strength. He started to

see some improvement and has been running ever since.

Training for Don consists of a PUSH personal training session once a week with Paul Stelzer in the STARplex Fitness Centre, to help him with his strength and endurance to maintain a high speed. He also runs a variety of distances four or five times a week with one long run on the weekend which consists of 30 or more kilometres.

He also likes to swim when he can to assist with his cardio fitness and recovery. He is also actively involved in dance.

"Fitness has given me back my health."

Congratulations on your achievement Don, you are an inspiration to us all.

Dawn Mettyear



Tanunda Fun Run

Sometimes we set goals and work towards them, breaking them down into small manageable pieces and sometimes we take a huge bite, quite by accident and just do it. I would rather take the first option and I guess most people do, as this is the most sensible approach.

However, three months ago after completing a gruelling Alexander Avenue run and a tiny slip of the tongue (whilst high on adrenalin) A rumour

suddenly spread around the fitness centre that I was going to do a half marathon. It should be noted that what was actually said was "if I can run up Alexander Avenue, I can run a half marathon."

Samantha Craig, STARplex Lifestyle Consultant, was already committed to doing the Tanunda Fun Run on the 16th of May and not being the kind of person to back out of a challenge, I decided with lots of encouragement to go along for the ride. I have to say, running 21.1 kilometres is a very long way and if you

have ever participated in a fun run of this distance that not many people walk! It's just not done, these guys are serious runners.

I can remember at the start line chatting with Samantha Craig and Adrian Underwood, suddenly hearing the starting pistol and all three of us watched with disbelief as the athletes at the front bolted, disappearing out of view. Man they were fast. It was at this point that I decided walking was not going to be an option. All our goals (story continued on page 5)

Tanunda Fun Run – May 16th

(story continued from page 4)

were reached on the day. Sam's was to run 21.1 kilometres under 2 hours 20, Adrian's to run each kilometre in five minutes and mine was to run the whole way without stopping. It is an incredi-

ble feeling achieving something of this magnitude and we are already talking about smashing our times at the next one, which is really exciting.

"Well done guys, we did it".

Dawn Mettyear



Getting Started with Tips on Running



Firstly – Just Start! Everyone can run. Unless you have a physical injury such as a torn muscle or fracture etc., there is no reason why you can't give it a go.

If you have an injury which is preventing you from getting started then go and see a professional such as a physio, doctor or chiropractor.

We are lucky enough to have so many people around who can assist us to get back to exercise – so use them and persevere.

If you are about to begin a running program here are a few tips on how to get started:

- Buy some decent running shoes. e.g. Go to a reputable sports store who can advise you on what shoe will suit your running style. (Some things to consider are – whether you have neutral or pronated feet.
- Begin with interval training i.e. walk for five minutes, run for two minutes so you decrease your walking time and increase your running time as you get fitter.

- Always build up slowly to prevent injury.
- Your aim is to build up on the time you can run without walking.
- Once you have established your running endurance you can include some sprints. e.g. 10x100metres/20 seconds recovery or 5x400metres/1minute recovery. If you are on a weight training program, your cardio should always include sprints.

Running Technique

- Body should lean slightly forward.
- Upper body is relaxed with thumbs resting on first finger.
- Drive arms from the shoulder keeping elbows close to your body.
- Feet should be straight and knees should be in line with the feet.
- Run heel to toe so that you avoid running with flat feet or on your toes.

Remember to warm up with a slow walk or jog and stretch before and after your workout.

Now you can get started.. persevere and enjoy.

Jenny Redden

STARplex Fitness Centre - Personal Trainer



Hi, I'm Deb Griffiths and I love teaching Zumba®, a Latin Dance Fitness Program. The reason is simple: every class feels like a party! You don't even have to know how to dance, just move your body and follow my lead. It's easy. I'm a licensed to teach Zumba, instructor, completing my training earlier this year in Sydney which I thoroughly enjoyed. The music is inspiring and you can really feel the benefits, you just can't stand still when it's playing. My favourite move is the "Destrozer" which means to destroy, what does it destroy? "love handles" Come join me and you will see what I mean. I guarantee you will have a blast.

Deb Griffiths



Hi, I'm Sherie Barker and I completed my Zumba® training in Brisbane and recently travelled to California to become trained in Aqua Zumba®. We believe these are currently the first and only Aqua Zumba classes to be held in Australia. I have always loved the water and with a background already in teaching swimming and deep water aerobics, Aqua Zumba was a natural progression. It is great to have my Zumba buddy Deb Griffiths support with her knowledge and passion of dance and music. It has both inspired and challenged me. I look forward to sharing my energy and love of Aqua Zumba with you all. Come and party in the pool with me.

Sherie Barker

Aqua Zumba Instructor



STARplex Athlete Development Program

Our goal with the athlete development program is to help each athlete reach their maximum potential.

A number of sports people are always told they are too slow or don't have the athletic ability to be a good sports person, while others have been labelled as potential stars but haven't been able to get from the "potential" stage to the "actual" stage.

We have put together a program that uses the most scientific equipment available in relation to sports and training equipment, products and programs along with qualified coaches, sports physiologist and personal trainers. Every athlete who dedicates themselves to our program, regardless of their genetic make-up can obtain significant results.

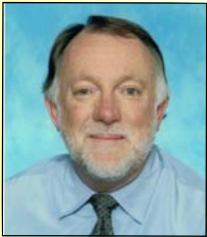
Using the TEK machine an Iso-Kinetic

computerised system that allows you to train the fast twitch nerve fibre and workout at the same high speeds, which you perform in your sport. It is therefore one of the most technologically advanced pieces of equipment available to help develop an athletes speed, power, endurance and strength to its maximum potential.

Another cutting edge piece of equipment at STARplex is the Vertimax, which is used by the NBA and top college teams in America to improve an athletes vertical jump and speed. It is proven that Vertimax is five times more effective than traditional plyometrics in developing leg power which is vital in speed.

Ricky Simpson STARplex Courts Manager

How can I learn more?
 Contact Ricky Simpson on 8522 0659.



STARS in my Eyes

From the southern gym window and 'my' Manchurian pear to the Roma Waite Library, the leaves are falling.

Here just outside the glass door the ground is carpet thick with the most vibrant colours of ruby and gold to the subtle pastels of pink and salmon.

The blood-red leaves on the glory vine almost hurt the eye and the yellow fire in the crab apple leaves are a blaze of glory.

Albert Camus the French novelist once said, "Autumn is a second spring when every leaf is a flower".

And Stanley Horowitz the American writer, *Winter is an etching, spring a watercolour, summer an oil painting and autumn a mosaic of them all.*

And of course the season reminds us of the continual flow of change the year brings in its turning. This little 'death' is only

for a few grey, cold, wet months before the rebirth of new shoots and leaves in spring.

But more than that it reminds us of our lives. Where we started from and where we return to season after season.

The Chinese have a lovely ancient proverb: *Falling leaves return to their roots.*

This is obviously intended to work on several levels of meaning, in its most simplest perhaps the idea of calling a Chinese person who is travelling overseas back to their roots and home.

For us today perhaps it can be seen as a very strong call back to what is important and fundamental in our own lives and those of others whom we love around us.

Perhaps Elizabeth Lawrence, the American television actor was thinking about how important it is that we reflect on this season. Rather than taking time to smell the roses, she says, *Everyone must take time to sit and watch the leaves turn.*

Jeff Guess

Work Placement at STARplex Fitness Centre

(story continued from page 3)
 rose and I was able to talk to clients a lot more freely and was either able to help or hand clients over to staff for professional assistance. With the help of the willing staff I was able to ask a lot of questions, about a range of

issues. One I remember well was comparing two different qualification streams with Paul Stelzer which gave me another point of view, and potentially a new future path way.

When I leave school I wish to further my studies to greater improve my chances to work in this profession.

This area excites me with the

many opportunities to grow and expand within the field of fitness and recreation.

I would like to thank the STARplex team who made my stay as educational and enjoyable as possible, and for making me feel so welcome and a part of the

Jordan Gauci

The Race

Strong strides
 heart beat increases
 clear droplets for sweat
 fall down her forehead
 inhales deeply
 flexes her calf
 gets into position
 digs in her heels
 waiting
 waiting
 the sudden loudness
 the smell of smoke
 the signal
 a trigger releases
 it begins.

Rebekka Geraghty Year 11—Trinity College

Sammy STARfish Beats FruChoc in the Triple M Great Mascot Challenge

(story continued from page 2)

theme song from Chariots of Fire began to play and the smell of a win was in the air.

The large orb of the FruChoc was right down the back of the pack and Sammy bolted to the finish line, trying so hard to catch the Port Power Mascot, the 36er's Murray Magpie and the Mitcham Primary School Mascot (a child!). The final winner was the Mitcham Primary School Mascot with Sammy

STARfish coming in a very respectable fourth place.

It was wonderful to see the childrens' reaction to Sammy STARfish. Many photos were taken and Sammy was spoilt with plenty of hugs. A brief appearance on the National Nine News that night was a highlight. It was a truly great morning. Keep a look out for Sammy STARfish, you never know where he will turn up.

Kelly Lange
STARplex Swim Centre Manager

Inaugural STARplex Swim Club Carnival

STARplex Swim Centre was thrilled to be able to recently host the first STARplex Carnival approved by Swim SA. With 196 swimmers from 15 clubs attending from around the state it made for an excellent weekend of swimming.

The two and a half day event ran smoothly with state of the art technology providing times for all races. Congratulations to the STARplex Swim Club for a well organised event.

STARplex Swim Club coach Paul Staight said "STARplex Swim Club members really benefited by getting the opportunity without the travel to Adelaide to achieve official state qualifying times. 133 personal best times were achieved by our swimmers. It was encouraging to see a number of swimmers from the STARplex Swim School taking part and performing really well. The whole meet was an outstanding success and well worth the effort."

A special mention to Lynn Lillicrap who broke the Australian 100 metre I.M record at 64 years of age. Well done Lynn, a fantastic effort.

Kelly Lange
STARplex Swim Centre Manager



Filex and Les Mills Ultimate Super Workshop

(story continued from page 1)

Several of our group fitness instructors attended the Les Mills Super Workshop on the final day. This event was massive, involving more than 3,500 instructors from around the world. STARplex instructors participated in all Les Mills programs and came away "raving" about how exciting it was to

meet Master Trainers of world class standard. Les Mills Bodyump was the biggest on record with over 850 instructors in one class.

I was fortunate to be on stage as part of the Les Mills Bodyump presenter team. The view of a sea of barbells rising and falling will be a memory I will never forget. STARplex Fitness Centre staff involved in the trip were: Leanne Stovell, Alli Thompson, Carol Francis, Penny James, Nikki Dawson, Jenni Redden, Belinda Wallin, Samantha

Craig, Lyn Braithwaite, Karen Fuller, Kylie Richards, Suzy Hodgson and Paul Pearce.

Paul Pearce
STARplex Fitness Centre Manager



RPM - Advanced Instructor Module



Early one Sunday morning a small group of four waited in anticipation for what the day ahead would bring. We were about to undertake a 10 hour

RPM Intensive, the Les Mills "A" Module. This course is the next level of achievement for certified group fitness instructors.

Our Master Trainer Lee Smith arrives, we let ourselves in and get acquainted

as we walk up the four flights of stairs to the RPM studio. We rode the class together, so Lee could pin point our strengths and weaknesses. We all presented one track, it was then dissected and rode again, discussed and rode again, debated and rode again and again.

Together we went back to basics in coaching technique positions and cycle set up. Before the day came to an end we presented our track, using the new tools we had gained throughout the day. Our feelings were one of exhaustion, exhilaration and a sense of achievement. We thanked Lee for his

time and expertise and dragged our weary bodies down the four flights of stairs to our waiting cars.

Change can be a gradual thing and sometimes difficult to implement. If you are ever participating in a group fitness class and you notice the instructor smile and nod to themselves you can be sure that something just remembered, previously not understood, has finally clicked.

These moments keep us inspired and the love of what we do continues.

Lyn Braithwaite
STARplex Group Fitness Instructor

Congratulations to the Kathryn Keley, Greenwith winners of our Wes Carr won a year of swimming Promotion. Collectively they lessons valued at \$660, Bec won \$1090 worth of prizes Mason, Craigmore won a when purchasing Wes Carr \$100 STARstore voucher and tickets during promotion Nardine Mace won a family week: Marie Brain, Evanston Park Concert from her entry in the won 6 Personal Training colouring competition. sessions valued at \$330,

Letters from Readers:


*Dear Paul and gym staff,
 Just wanted to thank you all very much for the birthday launches and the fantastic RPM Extreme class on Sunday. I know how much "behind the scene work you all do to present these days and it is very much appreciated. Luvs you all.*
Ann Powell




Thank you to everyone who supported the Australia's Biggest Morning Tea on Thursday 27th of May. We raised \$320 and hope to raise \$500 next year. Thank you to Linda and the staff from the cafe who donated \$1 per coffee for an hour and bought lots of raffle tickets. Thank you Nicky Ryan for all of your help on the day and thank you Rebecca Wasley who donated wine as some of the raffle prizes.
Koo Sturt



Cancer Council



Come and try Zumba®
STARplex Fitness Centre
 Tuesdays (2 classes) 6.30pm and 7.30pm,
 Wednesdays 11.15am, Thursdays 6.30pm,
 Fridays 11.15am and Saturdays 10.30am.



Come and try aqua Zumba® at
STARplex Swim Centre
 Mondays 8.15am, Thursdays 7.30am
 and Friday evenings at 7.00pm.

Zumba® and Aqua Zumba® are registered trademarks of Zumba®

Guys and Dolls - Trinity College Musical

Dates: Thursday 5th August 7.30pm
 Friday 6th August - 7.30pm
 Saturday 7th August -
 2.00pm and 7.30pm

Bookings at Trinity College Administration or phone (08)8522 0666



TRINITY COLLEGE

Coming Events Hewitson Theatre - STARplex Bookings at STARplex Reception 8522 0622

The Fairies

Date: Thursday 8th July
Time: 11.00am and 1.00pm concerts
All Tickets: \$21



STARfun Holiday Program

Monday 12th and Tuesday 13th of July
 Fully supervised program for 5—12 year olds
 8.45am—4.00pm
Cost for two day program \$90.00
 Morning tea and lunch provided
Activities include: Boot Camp, Netball, Soccer, Basketball, Gymnastics, Hip Hop, Swimming and craft activities

Blue Light Disco

Date: Friday 2nd July
Time: 7.00pm - 10.00pm (lock-in)
Tickets: \$6 - purchase at STARplex
 Reception until 5pm on the 4th June, or at the door.



A Tribute to George Harrison - Xmas in July!

Date: Saturday 17th July
Time: 7.30pm for 8.00pm show
Tickets: Dinner & Show - Adults \$42, Concession \$37. Show only - Adults \$25, Concession \$20.



Echoes of a Gentler Time

Date: Wednesday 18th August
Time: 11.00am show
Tickets: Yet to be released
 Take a step back to gentler times as we see the sights and events of Adelaide from 1938 to 1954. This show will transport you back to a time with good old fashioned family entertainment.



ABC Play School - Live in Concert

Date: Monday 23rd August
Concert: 10.00am
All Tickets: \$14.50

The Tom Jones Show

Date: Saturday 27th November
Time: 7.30pm for 8.00pm show
Tickets: Dinner & Show: and Show only
Yet to be released

