

3 WEEKS OF COMPLIMENTARY FITNESS, EDUCATION & INSPIRATION



CALENDAR OF EVENTS 11TH JULY 2016 – 29TH JULY 2016

DATE	EVENT	TIME & LOCATION	REGISTER
WEEK 1 (MONDAY 11TH JULY – SUNDAY 17TH JULY)			
MONDAY 11TH JULY	EXPO 'RESULTS TASTER' Attend one of our expo sessions to get a taste of our results programs. The results expo sessions will run for 30 mins and give you a taste of some of the education that we are going to be offering as part of the results academy pertaining to the following topics: Training Modalities, Nutrition, 7 Primal movements.	6pm Pinnacle Scoresby, 756 Stud Rd	Register your attendance: https://trybooking.com/LUTX PHONE: 9764 9112
TUESDAY 12th JULY	GROUP FITNESS "GIVE IT A GO" Experience the support and camaraderie of Pinnacle gym life at any of our fun and motivating Group Fitness Classes. <i>(Suitable for all fitness levels)</i>	Take your pick and register for any free group fitness session on the Scoresby Timetable	MUST BOOK via reception on PHONE: 9764 9112 <i>(Book fast as numbers are limited)</i>
WEDNESDAY 13TH JULY	EXPO 'RESULTS TASTER'	1st session @ 9:30am 2nd session @ 6pm Pinnacle Scoresby, 756 Stud Rd	Register your attendance: https://trybooking.com/LUUB PHONE: 9764 9112
THURSDAY 14TH JULY	LIFE! PROGRAM PRESENTED IN PARTNERSHIP WITH DIABETES VICTORIA This interactive session will focus on type 2 diabetes risk factors, chronic disease prevention, healthy eating and weight control, and more. All in attendance will have the opportunity to complete the Australian type 2 Diabetes Risk assessment tool.	7:15-8:30pm Scoresby Tennis Club, Exner Reserve Cnr Stud & Ferntree Gully	Register your attendance: https://trybooking.com/MDLL PHONE: 9764 9112
THURSDAY 14TH JULY	ZUMBA "GIVE IT A GO" Pretty much the most awesome workout ever. Dance to great music, with great people, and burn a ton of calories without even realizing it.	6pm Pinnacle Scoresby, 756 Stud Rd	MUST BOOK via reception on PHONE: 9764 9112 <i>(Book fast as numbers are limited)</i>
FRIDAY 15TH JULY	FREE CONFIDENTIAL INBODY SCAN ANALYSIS FOR LOCAL BUSINESS Pinnacle's Inbody scanner, is an effective and non-invasive method of body composition testing. The Inbody provides an incredibly accurate, repeatable analysis of the overall body composition and health status.	All day visits @ local businesses	Register your attendance: enquiry@pinnaclehealthclub.com.au PHONE: 9764 9112
FRIDAY 15TH JULY	AWESOME ADULTS "GIVE IT A GO" Proving age is no barrier, this workout focuses on cardiovascular fitness and muscle toning and is designed for older adults. <i>(Recommended for ages 50+)</i>	11am Pinnacle Scoresby, 756 Stud Rd	MUST BOOK via reception on PHONE: 9764 9112 <i>(Book fast as numbers are limited)</i>
WEEK 2 (MONDAY 18TH JULY – SUNDAY 24TH JULY)			
MONDAY 18TH JULY	EXPO 'RESULTS TASTER'	6pm Pinnacle Scoresby, 756 Stud Rd	Register your attendance: https://trybooking.com/LUUC PHONE: 9764 9112
TUESDAY 19TH JULY	YOUTH ACADEMY WORKSHOP: LIFTING FUNDAMENTALS Learn how to build bulletproof techniques that will put you on the road to the physique of your dreams (recommended for ages 16-18)	6.30pm Pinnacle Scoresby, 756 Stud Rd	Register your attendance: https://trybooking.com/LWNY PHONE: 9764 9112
WEDNESDAY 20TH JULY	EXPO 'RESULTS TASTER'	1st session @ 9:30am 2nd session @ 6pm Pinnacle Scoresby	Register your attendance: https://trybooking.com/LUUF PHONE: 9764 9112
THURSDAY 21ST JULY	NUTRITION FOR FAT LOSS AND LEAN MUSCLE DEVELOPMENT WORKSHOP A sound nutritional program accounts for around 80% of your results so learn tips from the experts that are designed to help you lose weight, develop lean muscle and support an overall healthy lifestyle.	7.30-9pm Scoresby Tennis Club, Exner Reserve Cnr Stud & Ferntree Gully	Register your attendance: enquiry@pinnaclehealthclub.com.au PHONE: 9764 9112
FRIDAY 22ND JULY	CORPORATE LUNCHTIME FITNESS SESSION Take a break from the office and join our highly qualified instructors for a fun lunchtime fitness session, designed to energize and help you avoid the mid-afternoon slump.	12.30pm Pinnacle Scoresby, 756 Stud Rd	Register your attendance: https://trybooking.com/LWOC PHONE: 9764 9112 <i>(Book fast as numbers are limited)</i>
SUNDAY 24TH JULY	OPEN DAY: NEW PINNACLE LAUNCH Join us between 10am-2pm on Sunday 24th July for lots of beneficial advice and information on all things health, fitness and wellbeing. Plus, there'll be lots of fun and entertainment for the whole family including: Jumping castle, Laser skirmish, Rebecca Winters roaming with horribly healthy tasters, In house fitness challenges (mini expos/workshops) & Competitions and give-aways.	10am – 2pm Pinnacle Scoresby, 756 Stud Rd	Come along and bring the family! enquiry@pinnaclehealthclub.com.au PHONE: 9764 9112
WEEK 3 (MONDAY 25TH JULY – SUNDAY 31ST JULY)			
TUESDAY 26TH JULY	PILATES "GIVE IT A GO" These classes focus on strengthening the body's core abdominal and back muscles whilst toning and stretching. <i>(Suitable for all fitness levels)</i>	9:15am or 6pm Pinnacle Scoresby, 756 Stud Rd	MUST BOOK via reception on PHONE: 9764 9112 <i>(Book fast as numbers are limited)</i>
WEDNESDAY 27TH JULY	YOGA "GIVE IT A GO" De-stress and relax your body whilst increasing strength and flexibility. This class uses slow movements and stretches and is suitable for all fitness levels.	10:30am or 7pm Pinnacle Scoresby, 756 Stud Rd	MUST BOOK via reception on PHONE: 9764 9112 <i>(Book fast as numbers are limited)</i>
THURSDAY 28TH JULY	CYCLE "GIVE IT A GO" Always wanted to get back on your bike? Come and try a 45 minute cycle class where you get to ride in beautiful scenery without ever leaving the cycle studio. <i>(Suitable for all fitness levels)</i>	Various Times Pinnacle Scoresby, 756 Stud Rd	MUST BOOK via reception on PHONE: 9764 9112 <i>(Book fast as numbers are limited)</i>
FRIDAY 29TH JULY	CORPORATE LUNCHTIME YOGA SESSION Bring the team together for a 45minute yoga session that can help employees decrease stress, think more creatively and increase feelings of wellbeing.	12.30pm Pinnacle Scoresby, 756 Stud Rd	Register your attendance: https://trybooking.com/LWOC PHONE: 9764 9112 <i>(Book fast as numbers are limited)</i>