



Positive Living e-newsletter

October 2011



**Birthday
renovations!**

Renovations to celebrate our fifth birthday

Harbourside reopens Saturday 29 October after an investment of over \$900,000 and just in time to celebrate its fifth birthday.

Members will be treated to a week of celebration between Saturday 29 October and Friday 5 November with double trouble classes, lucky door prizes and daily fitness challenges. Members can take a tour of the new facilities and try out all the brand new equipment, training zones and extra classes from Saturday 29 October.

The investment of over \$900,000 is part of The Forum's ongoing commitment to provide its members with the highest quality health and fitness facility.

Director Venues, Sally Roser, said that the project was planned and undertaken in partnership with members.

'Late last year we surveyed members about the type of improvements we should consider as part of future renovation plans. As we expected, members were keen for us to create spaces that would best suit their training needs which would include additional cardio equipment and some climate control in

the change room and crèche areas,' she said.

The renovations include new state-of-the-art equipment, additional training areas, treadmills, low impact flooring and cardio equipment.

Don't forget to let us know what you think on facebook, twitter or [The Forum website](#)

Find us on Facebook

Last chance to win an accommodation package!

Give us the thumbs-up on Facebook by 1 November and go into the draw to win an accommodation package at Crowne Plaza. Keep up to date with online conversations about friends fitness, food and The Forum.

[Click here to follow The Forum on Facebook](#)



Spring timetable out now!

Are you ready to take your fitness to the next level? The new Spring Timetable is here.

The Forum has introduced new classes guaranteed to lift the intensity of your workout.

Our FIT Box class is designed to give you an all-in-one workout using circuit training, boxing and strength.

If you are looking for body sculpting that also aims to build, strengthen and focus on core stability, then The Forum's TRX® class is the ideal using bodyweight-based suspension techniques.

These classes offer cardio vascular fitness, can burn fat more efficiently, gain muscle and boost metabolism. So come and check out our new classes and put your fitness to the test!

These terrific additions to The Forum's group fitness timetable commence on Saturday 29 October. There are now more than 130 group fitness classes each week plus aquatics classes.

[Click here to view our new timetable](#)

Can't wait for Christmas?

The Forum has some great gift ideas

Do you need an extra push to get you to the end of the year? Why not check out the great deals available to members on a range of fabulous services that include pamper packs, accommodation, food and discounts on fitness and swim gear. So if you need a lift or want to find a bargain Christmas gift check out The Forum Member Benefit Partners.

[Click here to check out the Member Benefits.](#)



The Forum live on the radio... and it's free

We're on the radio and you can bring a friend in for free. As part of a live radio broadcast on Wednesday 30 November The Forum is inviting members to bring a friend and try out our facilities.

Radio 2NURFM (103.7FM) will broadcast live from The Forum University between 9am and 12pm on Wednesday 30 November. Members can bring along a friend to try out one of the group fitness classes, gymnasium, pool and aqua classes free of charge. There will also be plenty of give-aways and entertainment from the team at 2NURFM.

Radio 2NURFM is one of the region's best kept secret and is positioned as the premium over 40s radio station with about 57,000 people listening each day. The community radio station is based at the University of Newcastle and as well as its program mix of easy listening music, provides students of the University with experience in radio and news production.

On the day, The Forum team will speak about functional fitness for all ages through nutrition, aqua fitness, personal training, gym and group fitness. There will be demonstrations and free classes to try.

[Click here to find out more about fitness at The Forum](#)

[Click here for a sneak peek at some of the activities to be](#)

[held at the live broadcast](#)



The place to train

The Knights will begin pre-season training with new coach, Wayne Bennett, choosing to use the grounds and High Performance Training Zone at The Forum University.

Testing will be held over the next two weeks with training starting mid November for the 2012 NRL season.

This week Gary van Egmond returned to familiar grounds of the University as the head coach of The Jets. The Jets are currently third on the A-League board preparing for a game this Sunday against Gold Coast United.

[Click here to find out more about The Forum's facilities](#)

[Send to a Friend](#) | [Remove from Mailing List](#) | Powered by [VisonScape Direct](#)

