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KINCUMBER GYM

3/1 Kerta Road Kincumber ph: 4368 1215 www.kincumbergym.com.au

Newsletter June 2010

End Of Financial Year Sale

Tell a friend or join yourself -
Get Started on an exercise program this month and

Save Up To \$149.00 joining fee and get the
rest of June **FREE.**

Ring **TODAY** to take advantage of this **FANTASTIC** offer.

Ph: **43681215.**

HURRY, OFFER ENDS 30TH JUNE 2010

SALE



Congratulations Mel!!!

Mel has successfully added two new and impressive titles to her short but well earned bodybuilding career.

In May, Mel won the ANB Sydney Title in her weight and Overall Women's Physique category and then won the ANB Asia Pacific Under 52 kg Physique and Overall Physique Titles.

Well done Mel from all of us at Kincumber Gym.



Inside News

WIN \$50

Put your business card in the bowl (at reception) and go into the draw to win a \$50.00 Rebel Sport Gift Voucher.

NEW Class

Hip Hop class is back on Sat 11.30am. So if you want to learn to bust a move, or have some fun, come along and support the new class.

Members Survey

This year our Customer Survey is Online. If you want to let us know what you think go to www.surveymonkey.com/s/9FN9FB8 Members who complete the survey before 30th June 2010 go in the draw to win a \$50

Group Class Music

Kincumber Gym pays 2 license fees for the music you hear in the gym. APRA (Australian Performing Rights Association) collects money for the copyright of the song and PCCA (Phonographic Performance Company of Australia) collects money on behalf of the artist. In May the PCCA successfully won the right to increase their fees 1500% for all group fitness class music, which the fitness industry fought very hard to stop. Kincumber Gym has chosen not to be affected by the price increase and has requested that all our group fitness instructors transfer all their music selection to copyright free music. We ask that you be patient with our group fitness classes while our instructors source new and additional copyright free music.

5 Year Member Celebrations

This month we celebrate and say thanks to all our members that joined Kincumber Gym in our opening year in 2005, and then continued to support us every single year since.

When we first opened our doors in 2005 we had a small handful of members that joined the gym from our Personal Training Studio known as Central Coast Health and Fitness Personal Training. The "little gym" was tiny with lower quality equipment, the group fitness room was across the road from the main gym, we had no crèche, no spin room, no reception staff, we didn't even have our own toilets!

We grew to about 300 members in our first year, and we are extremely pleased that 50 of those original members have continued their exercise journey at Kincumber Gym.

The continued support of these original members have allowed us to grow into the larger premises, with new improved equipment, more staff and services that we all enjoy today.

It is a challenge for the average person to get into the habit of exercise, and the fact that our 5 year members have been exercising for 5 continuous years is an inspiration to us all.

To celebrate and thank these members we have invited them all to a 5 year member celebration at the end of June.



We would like to express thanks and show our gratitude to these original members for their confidence in us as a business when we first started, and for your ongoing support. You are all part of the Kincumber Gym family, and as a locally born, owned and operated business it means a great deal to us.

With sincere appreciation

Bryan, Belinda and all the Kincumber Gym Staff.

Tucker Time

Salmon Teriyaki

Ingredients:

4 salmon fillets with skin on, each weighing about 150g
50 g bean sprouts, washed
50 g snow peas, ends trimmed
20 g carrot, cut into thin strips
45 ml Japanese soy sauce
45 ml sake
45 ml mirin
1 1/2 Tbsp caster sugar



Directions:

To make the teriyaki sauce, mix the soy sauce, sake, mirin and 1 Tbsp of the sugar in a pan. Heat to dissolve the sugar. Remove and cool for an hour.

Place the salmon fillets in a shallow dish and pour the teriyaki sauce over the top. Leave to marinate for 30 minutes.

Meanwhile, boil the vegetables in lightly salted water. First, add the bean sprouts, then after one minute add the snow peas. Leave for one minute again and add the carrot strips. Remove the pan from the heat after a further minute and drain the vegetables. Keep warm.

Preheat a grill to medium. Take the salmon fillets out of the sauce and pat dry with kitchen paper. Reserve the sauce. Grill the salmon for about 6 minutes, carefully turning once until golden on both sides.

Pour the sauce into the pan. Add another 2 tsp sugar and heat until dissolved. Remove from the heat.

Brush the salmon with the sauce, then grill until the surface of the fish bubbles. Turn over and repeat on the other side.

Heap the vegetables onto serving plates. Place the salmon on top and spoon the rest of the sauce over the dish.

Nutritional Info: (per Serving): Calories 239, Fat 9.0g, Carbohydrates 7.5g, Protein 29.0g, Cholesterol 0.0mg, Sodium 951mg, Saturated Fat 0.0g, Fibre 1.0g, Calcium 0.0mg.

Source: www.calorieking.com.au

Words Of Wisdom

"He who has health has hope, and he who has hope has everything." **Arabian Proverb**