

Share
the Love

WITH OUR KARMIC REWARDS THIS MONTH

At KAYA we believe what goes around comes around, which is why we love rewarding you with free time whenever you share the love. This month, we are feeling EXTRA generous! To thank you for motivating your friends and family to join KAYA we are offering **FOUR WEEKS FREE** membership not only to YOU but to your friends or family who decide to join KAYA.

It's easy to **SHARE THE LOVE**. Simply pick up a Karmic Rewards voucher from reception. The voucher provides you with several 1-visit experience passes to share amongst your friends and family. When you are ready to bring them along to a class or to check out the club, connect with your Membership Advisor or see Reception to ensure they are booked in!

Or, you may have recently received a unique code in your email inbox. Simply share this code across family and friends. When they connect with us, your details will automatically be sent through to receive free time if they decide to join the KAYA family!

Reward cannot be used in conjunction with any offer • Existing member must inform KĀYA of the person(s) they wish to refer prior to the referee(s) joining in order for both parties to receive free time • Only on 12 month memberships • Excludes some membership packages • New members only • Free time does not count towards minimum term • Ends 25/06/2017

WE'VE ADDED 40+ NEW CLASSES

MEMBERS NOW HAVE ACCESS TO OVER 300+ CLASSES PER WEEK ACROSS BOTH LOCATIONS

PLUS...EXTENDED OPERATING HOURS

PRAHRAN Now opens at 5.30am during the week

EMPORIUM Weekend hours now extended

Sat 8am–2pm & Sun 9am–2pm



LIGHTEN YOUR LOAD...

Tired of lugging a sweat towel around with you? Did you know we offer a towel hire service? Simply see one of our friendly reception team members if you would like to hire a towel **for only \$3.00 per towel**. To make hiring a towel even easier, enquire about our 10-pack towel card. Buying a 10-pack towel card rewards you with 20% savings on your towel hire and means you don't have to worry about forgetting your wallet!

10-Pack Towel card ONLY \$25.00 Save 20% on your towel hire!

ARE YOU FUELLING YOUR BODY CORRECTLY BEFORE CLASS?

Fuelling your body before a class or training session is essential for performance and getting the most out of your workout. A vigorous Pilates or Boxing session on an empty tummy (especially early in the morning when blood sugar levels are low) can leave you light-headed, decrease your ability to perform or even cause fainting. Our member's safety is our main priority, so please make sure you are fuelling your body when it needs it.



YOGA

- It is NOT recommended to eat any large meals at least 2 hours before class to prevent nausea and ensure food is digested
- A piece of fruit or something small is fine
- After class you should drink lots of water and enjoy a healthy meal

PILATES, SPIN OR GROUP EXERCISE

- Carbohydrates like fruits and whole grains paired with a protein source like Greek yogurt, eggs or turkey bacon are recommended 30 to 45 minutes before a workout
- A shake or toast with peanut butter is a quick and easy option if you are short on time

- Steer away from large amounts of fatty foods which digest slowly and could cause you to cramp up during exercise
- Drink lots of water during and after training and enjoy a post-workout snack

To learn more about how to fuel your body effectively connect directly with: Nina Stabey Resident Naturopath
m: 0405 300 665 e: therapist@kayahc.com.au

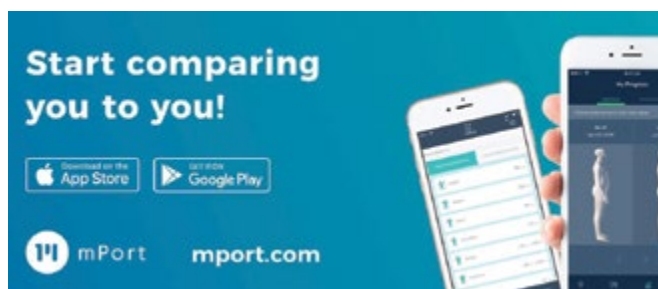
TRACK YOUR HEALTH WITH MPORT AT EMPORIUM

Whilst we are big believers that it's about how you **FEEL**, we understand that our members like to track their progress and measure the improvements they are making to their health. So, it is exciting to announce the launch of mPort at Emporium. The mPort is a 3D body scanning tool. It uses body mapping technology to capture key readings to help you understand more about your health and allow you to set goals and visualise changes within your body overtime. KAYA Emporium is the first Health Club in Australia to bring this technology to members to help track their progress. Prahran members are welcome to visit Emporium to redeem this gift.

This autumn KAYA members receive a 1-month FREE trial of the mPort app and have access to over 20 body and health measurements.

To access your 1-month free trial:

1. Simply download the mPort App from the App store and create an mPort account.
2. Make your way to KAYA Emporium to be measured by mPort.
3. Enter the mPort pod and login with your account details.
4. Automatically receive 1-month FREE and get started!



PILATES MATWORK COURSE | ENROLMENTS OPEN NOW

Elixir School of Pilates (ESOP) is Australia's premier recognised provider of Pilate's teacher training. The ESOP Matwork course provides a strong and practical foundation for dynamic personal or group teaching and breaks down a wide range of mat exercises to leave you with a solid understanding of their biomechanics and focus. Our course runs over three weekends so even those with a busy schedule have the opportunity to enrol.

INTIMATE Teaching environment | Limited Spaces | Courses Commence July 22nd

To learn more or to BOOK connect with the Elixir School of Pilates Education Department on (02) 8113 8808 or email edu@elixr.com.au



MINDFULNESS... EIGHT WEEK COURSE

YOU'LL LEARN:

- What is Mindfulness and how to integrate it into your everyday life
- Stress and our own habitual reactions to it, as well as helpful strategies for responding to it
- Automatic behaviours such as, cognitive, physical & emotional reactions
- What it means to care for ourselves, nourishing helpful behaviours and creating a plan
- Mindful Movement | Mindful Eating | Mindful Art | Breath | Meditation

EVERYONE IS WELCOME
LIMITED SPACES

WHEN: Every Sunday from 2nd July till 20th August 2017

WHERE: Kaya Health Clubs | 325 Chapel St, Prahran (Yoga Studio)

TIME: 11:00am start (duration 2hours every week)

DRESS: Comfortable

COURSE FEE: \$295 Kaya members. \$355 Non-members

TO BOOK: See reception OR call 9090 1000 OR book at kayahealthclubs.com.au/courses



OVERCOME YOUR FEARS AND THE SECRETS TO UNLIMITED LIVING

FREE WORKSHOP | FOR OUR MEMBERS AND THEIR GUESTS

YOU'LL LEARN

- How to release fears and limiting beliefs
- About re-defining your relationship with fear
- How to interact with life from an unlimited mindset
- Tools to shift out of fear quickly and easily
- To expand the endless possibilities of your personal dreams and ideas
- Strategies on how to take action straight away
- How to re-define your success story
- A Guided Meditation class will conclude this workshop

EVERYONE IS WELCOME
LIMITED SPACES

EMPORIUM: Thursday 15th June, 6:45pm – 8:15pm

PRAHRAN: Sunday 18th June, 11:00am – 12:30pm

DRESS: Comfortable

BOOK: See reception OR call 9090 1000 OR book online at kayahealthclubs.com.au/courses

HOLISTIC WELLNESS AT KAYA...

KAYA offers so much more than specialised classes and fitness zones. We offer a complete solution to holistic health, so make the most of our amazing facilities and confront your health issues head-on.

WE PROVIDE:

- ✓ Nutritionist Consultations
- ✓ Herbal Medicine
- ✓ Remedial Massage
- ✓ Physiotherapy
- ✓ Osteopathy
- ✓ Clinical Pilates
- ✓ Personal Training

KAYA
W E L L N E S S

To learn more about our Resident
Alternative Therapists and Trainers
head online to 'our team' page or see
reception for a brochure.





Darrell comes to KAYA with over nine years' experience in the health and wellness industry. A former Australian Institute of Fitness Lecturer and Senior Trainer, Darrell believes in developing the mind as well as the body.

He brings his wealth of knowledge and passion to help his client's achieve better, lasting results.

DARRELL SPECIALISES IN:

- Boxing and Kettlebell Training
- Self-development
- Weight Loss
- Nutrition
- Holistic Living

MEMBER WELCOME GIFT

Darrell is offering a welcome gift to members looking to kick start their fitness goals.

WHAT'S INCLUDED

- 3 x small group TRAINING sessions at Emporium
- Full body fitness assessment
- One hour goal setting and prioritising consultation
- Twelve week fitness programme

COST: \$60

TO BOOK: Contact Darrell directly

CONTACT DETAILS: m: 0432 235 428 e: pt.darrell@kayahc.com.au

Conditions: 1 session per member • 1st time clients only • bookings based on PT availability • not to be used with any other PT offer • 24hr cancel notice required otherwise full fee applies • ends 310717

EXCLUSIVE MEMBER BENEFIT

The Sleeping Beauty Member Ticket Offer

KAYA supports the Minds and Bodies of



The
Australian
Ballet



We are excited to announce that KAYA members have exclusive access to 10% off tickets to The Australian Ballet's production of *The Sleeping Beauty* in Melbourne and Sydney.

Be swept into a world of fairies and bluebirds, nymphs and roses in this enchanting fairy tale ballet filled with storybook charm. Set to Tchaikovsky's sublime score and filled with lavish sets and costumes, this magical classic, critically acclaimed production is perfect for the whole family.

TO REDEEM

Simply enter KAYA as the promotion code when you checkout at australianballet.com.au. This offer is valid on all Adult A-C reserve tickets and limited to two per person.

Benedicte Bemet, Artist of The Australian Ballet. Photography Justin Ridler.

Emporium Melbourne Lv 5—287 Lonsdale St, Melbourne

Prahran 325 Chapel St, Prahran

t: 9090 1000 w: kayahealthclubs.com.au



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KAYA

PILATES
YOGA
FITNESS

MELBOURNE'S FIRST MIND & BODY HEALTH CLUBS