



# SMOOTHIE YOUR DAY

## Ingredients

- 1 cup unsweetened vanilla soya milk (skim or low fat milk)
- ¾ cup sliced frozen banana
- ½ cup low-fat plain Greek yoghurt
- 1 tablespoon cocoa powder
- 1 tablespoon natural peanut butter

## Method

Combine soya milk, banana, yoghurt, cocoa powder and peanut butter in a blender; blend until smooth.



## ANGLO AMERICAN GYM TURNS 1!



It's the gym's birthday month! In October last year we re-opened after two years of not operating due to the pandemic.

We opened up boasting great new advanced equipment that makes it easy for you to exercise and track your progress.

We've lined up some activities and challenges during the month - enter them and you stand a chance to win a prize!

## MESSAGE FROM THE ZENZELE CEO

We have always known that exercise is essential for people's health and an important weapon in combating obesity and preventing the onset of many of the most common chronic diseases, including type -2 diabetes, heart disease, high blood pressure, and strengthening the immune system.

Equally well known are the beneficial effects of physical activity on psychophysical (body and mind) wellbeing. Working out regularly improves mood thanks to the production of serotonin and endorphins, helps to alleviate anxiety and depression, increases confidence and slows down ageing.

We as Zenzele are honoured to have partnered with Anglo American to offer you a world-class gym facility and many other services. We are excited to have walked the one-year journey with you and wish you all a healthy and fruitful year to come.

Tumi Phake



# Aerobic class schedule

06h15 - 07h00

12h15 - 13h00

15h45 - 16h30

16h30 - 17h30

## Monday

HIIT  
Steven

BOOTCAMP EXPRESS  
Coach

PUMP  
Brenda

SPINNING  
Thabang

## Tuesday

SPINNING  
Thabang

STEP  
Steven

PILATES  
Razia

STEP  
Steven

## Wednesday

YOGA  
Razia

SPINNING  
Leslie

BOX  
Brenda

PUMP  
Brenda

## Thursday

PUMP  
Brenda

HIIT EXPRESS  
Coach

ABS  
Coach

BOOTCAMP  
Steven

## Friday

ABS  
Coach



Join a class via [Facebook](#) or via [YouTube](#).

## JOIN THE ANGLO AMERICAN GYM WHATSAPP GROUP

Keep up-to-date with what is happening at the gym, be the first to learn about exciting events and competitions and get reminders about schedules. Scan the QR code to the right to join the Gym group.



## JOIN THE 144 OXFORD RUNNING CLUB WHATSAPP GROUP

Join our running club, setting off from 144 Oxford every Tuesday and Thursday morning at 07h00. You can do the 5km or 10km route and start your working day invigorated.

[CLICK HERE](#)

## JOIN THE ANGLO AMERICAN SA STRAVA GROUP

You can also join the Anglo American SA Strava group

[CLICK HERE](#)

# CONTACT THE ANGLO AMERICAN GYM



**Location:**  
7th floor,  
144 Oxford



**Phone:**  
011 638 0435



**Hours:**  
Monday - Thursday: 05h00 - 19h00  
Friday: 05h00 - 18h00



**Email:**  
144gym3  
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