

NEWSLETTER

2022 YEAR-END

EATING HEALTHILY AND MAKING TIME FOR PHYSICAL ACTIVITY OVER THE FESTIVE SEASON



947 RIDE JOBURG

Best of luck to all entrants!

Get ready and join our sessions specially planned for your pre-race preparations

Visit the gym for more info..

Remember you don't need to stop being active over the festive season! Keep up your activity levels, eat and drink healthily, and get adequate rest.

UPCOMING EVENTS

947 Ride Joburg

Watt bike challenge

Wellness Week

International Men's Day

Note: you can still book for your general fitness testing and Vitality fitness assessment with our in-house biokineticist and earn up to 7500 Vitality points.

ITS DOABLE...

It's that time of the year where we celebrate the festive season. A lot of fun activities start taking place - but that's no reason to compromise your fitness. There are ways to still achieve your goals over this period.

- Avoid new year weight loss resolutions
- Do physical activities you enjoy
- Make time for your workout - 30 minutes daily is enough,
- Set goals
- Be consistent
- Get an exercise buddy
- Try outdoor activities with kids, family or friends
- Don't let the holiday season undo your gains. Choose to still eat healthily and work out

A few tips on how to safely avoid new year weight loss resolutions

- Indulge in some physical activity before indulging in festive foods and drinks
- Aim to spend at least 30 minutes a day on physical activity and if you can do 10,000 steps a day, you're a champ!
- Try scheduling time and planning specific physical activity - structure helps with discipline
- Plan to spend some time doing outdoor activities with family or friends
- Enjoy festive foods and drinks remembering portion control and moderation is key
- Have a snack or meal at least two hours before physical activity - a piece of fruit will do
- If exercising outdoors, aim to work out late afternoon or early evening to avoid the possibility of heat exhaustion and sunburn. If being active outdoors at night, don't forget to wear light-coloured or reflective clothing for safety
- Keep well hydrated before, during and after physical activity. Water is fine for most types of low-intensity or moderate physical activity such as brisk walking
- Before embarking on a new type of physical activity, check your general health status with your GP or visit the gym or the clinic for a health check and physical active readiness screening



Remember: If you tell yourself you can or you can't - you're right!

Aerobic class schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
06h15 - 07h00	HIIT Steven	SPINNING Thabang	YOGA Razia	PUMP Brenda	ABS Coach
12h15 - 13h00	BOOTCAMP EXPRESS Coach	STEP Steven	SPINNING Leslie	HIIT EXPRESS Coach	
15h45 - 16h30	PUMP Brenda	PILATES Razia	BOX Brenda	ABS Coach	
16h30 - 17h30	SPINNING Thabang	STEP Steven	PUMP Brenda	BOOTCAMP Steven	



ZENZELE FITNESS



Online classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
09h00 - 09h30	Wardah (HI-Lo)	Mbongeni (Strength & conditioning)	Rockstar (Guest)	Alexa (Yoga)	Mbongeni (Bums & Tums)	Brenda (Strength & Conditioning)
12h00 - 12h30					Alexa (Total Abs)	
17h00 - 17h30	Brenda (Fitbox)	Karabo (HIIT - High-Intensity Interval Training)	Wardah (Yoga)	Karabo (Strength & Conditioning)		



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



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