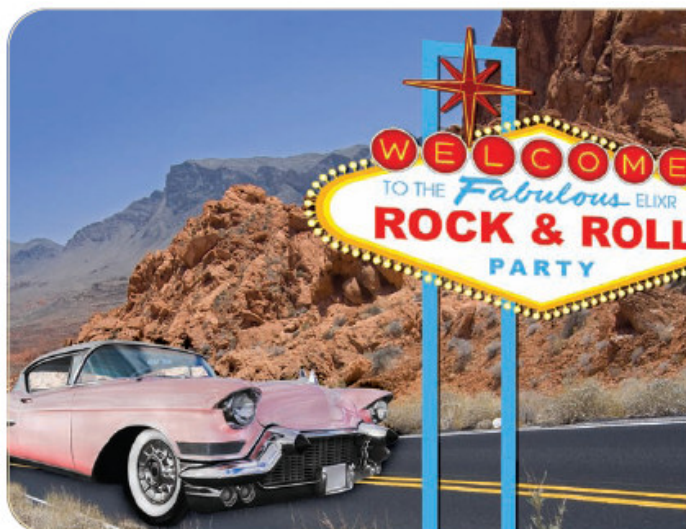


Elements

fire • earth • metal • water • wood



Party with us
at Elixr's 6th
Birthday

Saturday June 28th 2008
8pm till late

Harbour Terrace
(Eastern Suburbs Leagues Club)

For more details see us at
reception
or email to party@elixr.com.au



meet mike

Member Profile: Mike Jenner

Some say it's like playing snooker on very large table. Some say it's chess on grass, and some say it's a terrific way to represent Australia. Meet Mike Jenner, a member of two very unique clubs. Of course Mike is an Elixr member, but he also belongs to a distinctive group of athletes involved in the somewhat esoteric sport of competitive croquet.

Mike was first exposed to croquet growing up in England. As a 9-year-old he was, as he puts it, "Quite keen to get out of doing proper sport" while at school. His teenage years saw his hobby put on hold; but, after graduation from University, he joined a croquet club "As a way to meet people in London".

Mike attended business school in Boston and, having spent several years getting his consulting business off the ground in Chicago, picked croquet back up when he saw a croquet event

listed in the "Things To Do" section of the Chicago Tribune. Taking a sabbatical from his business in 2000, Mike entered a croquet tournament for the fun of it and soon found his competitive instinct re-ignited.

A US national champion in 2002, Mike was selected to represent the USA in the annual USA-Britain test match, The Solomon Cup, in 2004 and then again in the 2005 World Championships in Cheltenham, England. Mike finished 17th (he went in ranked 78th in the world) and realized he needed to get more regular competition if he was to improve.

Mike came to Australia in December 2005, ostensibly on an extended croquet vacation, and fell in love with the country. Having risen to be ranked in the top thirty in the world, Mike was able to stay by securing Australian residency through the government's Distinguished Talent visa program.



meet mike... Continued.

A hip injury caused him to miss out on playing for Australia in the recent World Championships in Christchurch but Mike has been picked for the Australian squad that will compete against the Kiwis in the



Trans Tasman in February 2009. The hip injury has required a change in his training. Here at Elixr, he trains with Patricia twice per week where he focuses on upper body and core exercises. Mike is also a regular in the pool, working on his cardio fitness. Mike competes in the men's 1-2 spot of the NSW state croquet team. This team with Mike as a rookie won the Interstate Cup for the first time in 28 years. The team travels to Brisbane later this month to defend the title. We wish Mike and the New South Wales croquet team the best of luck in Brisbane and look forward to them returning with the cup again this year! ☐

views & news



chew on it

with: **Richard Chew**

Founder of Elixr Health Clubs

Fitness Industry Update

In April I travelled the world to attend various fitness expos and conventions to ensure Elixr is among the leaders in health and fitness! First stop in Essen Germany, at the world's largest fitness Expo showed that Spin is here for the long ride. There was a convention hall with over 400 participants on indoor bikes spinning furiously to nowhere! Martial Arts is kicking into the fitness industry and body building is still strong for the mentally challenged. Not so sure about the muscular women with negligible body fat and silicon body parts! Also not so sure of the Germans being a friendly race but I did meet a few friendly ones. Jawohl (translated, yes indeed)! The fitness convention in New York City confirms that Elixr is one of the most innovative health clubs in the world. Having been in the fitness industry now for nearly 30 years and having seen enough health clubs to last me a few lifetimes, I can assure you that we are unique and different, but still with the good old fashioned personal service.

Finally the Pilates convention in Santa Clara showed Elixr is leading pilates in the fitness world – we have modernised Pilates, maintained the exercise science principles and kept it affordable.

Slowly, Slowly Catch the Monkey - Myanmar proverb

A phrase, a smart corporate animal used to always remind me, about patience. Most people are impatient by nature. Have you beeped your car horn at some idiot who has blocked your way at the traffic lights? Have you never blocked the road in the same manner? On many occasions when my patience is being

tested, I find a way to justify and accept the situation, but that is not to say, that I do not feel frustrated...I have been told that I am a patient person; believe me that has taken years of development. Patience is not a natural characteristic of selfish, ego centric, Homo Sapiens. The full name of our species is Homo Homo Sapien, meaning Wise Wise Man. We humans are so clever in fooling ourselves...but I for one certainly don't believe this!

This brings me to Yoga practise and Pilates training. The constant frustration for instructors is when participants attempt an exercise that they are not ready for, particularly when they are not able to perform the fundamental exercise correctly. In my experience in teaching thousands of people over the past 35 years, most people are impatient and attempt to perform exercises without sufficient preparation. Develop the patience; it is far more beneficial for you to perform an exercise correctly than to attempt one, performed poorly, which has little benefit and increases the chance of injury.

So please, take the time to develop the fundamentals as they are the essential base for excellence.

Democracy Crusader

In an interview with George W Bush, he said, "I don't believe democracy generally leads to war-like government, 'Please vote for me, I promise you war', it is not something that tends to win an election. "How did this idiot become the US President? Voted in by a majority of the same idiots in the US, mostly from the Bible Belt and Middle America where most believe America is the centre of the world.

It is the only country in the world that has World Series Sports Championship such as basketball, baseball and American football, where the rest of the world does not participate.

(The views and comments expressed by Richard do not necessarily reflect those of Elixr or its team members)

health and wellness



six simple steps

.....Swimming Effortlessly

1. Learn Balance: when you learn to balance first, you not only stop fighting the water and wasting energy, you also learn comfort and ease, which allows you to master every other skill much faster.
2. Relax the Kick: it's not worth all the effort.
3. Breathing: roll to breathe, don't lift to breath.
4. Learn to Pierce the water: To avoid drag and ultimately slip through the water.
5. Arm Bend: Grip the 'underwater ladder' and recover with your hand lower

Coming Soon...

Prenatal Yoga classes are coming to Elixr in July!
Please visit www.elixr.com.au later this month for class timetables and further details.

Seeing Double?

Tell us what you see...

Enter our 'seeing double' competition and you could **WIN** another 2 months **FREE** added onto your membership. Enter by using your imagination...

Tell us what you see in this picture and drop it into the entry box at reception for your chance to win.

We're doubling up in June – renew your membership with a friend!



than the elbow.

6. Swim very, very slowly so you can feel at one with the water and remember always to enjoy.

I'm also pleased to announce a **NEW CLASS** :
Fridays 6.15am – 7.15am ; and, also a reminder for **ADULT SWIM SQUAD** on Mondays 6.30pm – 7.30pm.

Hope to see you all there!

Katia

Introduce a new member when you renew, and you and your friend will each receive*:

- Over \$300 savings on your Gold membership
- Complimentary Beginners Courses valued at \$200
- This offer is available to you, even if you are still within your minimum term

* Conditions apply



instructor profile

Barbara Bachelder

For those of you who don't know Barbara by name, she's the one with the accent you can't quite put your finger on.

Barbara was born in Poland during the Cold War; however, Barbara and her family escaped to West Germany in 1987 (two years before the Berlin Wall fell) and were admitted under refugee status.

Unable to speak a word of German, nine year old Barbara was enrolled into an elite dance school to continue her Classical Ballet training (which had started when she was five).

After 5 years, Barbara and her family were forced to move out of Germany due to strict citizenship laws. After a series of applications to other countries, the Canadian government welcomed Barbara's

family, where she was once again the new girl at school.

Upon finishing high school in Toronto, Barbara was offered an academic scholarship to university. She refused the invitation and instead chose the life of a professional dancer; performing and teaching for the next five years.

After a series of injuries, she left the dance world and decided to take up the scholarship offer and studied International Relations.

She then went on to live in the corporate world after graduating, working in PR and marketing for five years. However, after struggling to sit still for 8-12 hours a day, Barbara decided to leave her desk and began teaching Yoga and Pilates full time.

In 2006, Barbara and her husband embarked to Australia, her fourth country of residence (and hopefully her final one). After all these years of travel and adventure, Barbara states proudly she can speak three languages "German, Polish, and a little bit of English sometimes." ☐

in club

• Park Street

Happy belated mother's day to the mum's in the club, I hope you had a fantastic time!

Speaking of mothers we have noticed a lot of pregnant members around lately so congratulations! We hope to support you as best we can and we trust the introduction of our prenatal yoga program which will be happening very soon shall assist you on your way.

I would also like to welcome Michelle Brown who has just joined our team as a membership advisor. Michelle is very passionate about changing lives from a health perspective and she is looking forward to assisting all members through this process as best as she can.

See you all in the club!

Paul Scarrott

• Wentworth

Hi everybody and Happy Winter!

Firstly, some general house keeping in regards to the timetable...

Intermediate to Advanced Classes.

tradesmen, the process has taken much longer than anticipated. We appreciate your concern as our nerve has similarly been tested...

On a more positive note, it's fantastic to see so many members taking advantage of the VIP 5 day passes by bringing your friends and colleagues along to share your experience at the Wentworth Club. It's great to see new faces and you all having fun together!

One thing that we would like to request is that you do make an appointment with either Emma or myself before bringing your friends and colleagues along as not only do we like to give everyone the attention they deserve [and we cannot always guarantee this during peak times without an appointment]; but, it's really important that we respect all current members and direct friends and colleagues to appropriate classes.

Signing off...

Adam Van Spange

• Bondi Junction

June Jastic

Let's talk Personal Trainers. No, not the same old boring stuff like how good they are for your training regime but who they REALLY are.

Patricia Pebbles, ex stock broker, ex fitness club owner, ex trolley dolly and ex American. All these exes have led Patricia to our door. She is known to the staff as the woman who always smiles. I think she may even smile in her sleep. If you want to catch Patricia out, next time you stop for a chat ask her if she prefers beef or chicken, it makes her feel like she is back on the plane again.

Good luck and let's talk next month!

Chris Charnas



Class Etiquette:

A friendly reminder to all members to please make an effort to be on time to classes. There have been a few occasions when members have been turned away as a result of being late. This is not something that we like to do...but are obligated to enforce for safety reasons.

Whilst we appreciate we all have busy schedules, being on time for class means you warm up adequately and hence, there is less chance of injury. In addition, we ask that

GRC: Tues 11.15am; and Thur 12.00pm.

Hatha Yoga: Mon 11.00am and as you may have noticed from May we have introduced an Intermediate to Advanced Ashtanga Yoga on Fridays at 6.45am.

Please be aware that these classes are by invitation only to ensure the safety and enjoyment of all. If you feel you would like to participate in one of these classes then please have a chat to your instructor to see if it would be appropriate.

Thanks also to all members for your incredible patience with the ongoing maintenance in the female toilets and also with the air conditioning. Due the over whelming response from Sydney

MJ. Rough and tough but believe me he is a softy on the inside. Did you know that he is mad about comics? 'Hellboy' and 'Sin City' are two of his favorites. I wonder why?! The Chuck Norris handbook is his bible and boxing is his passion. Just ask to see his latest trophies from the ring. UGHHHH! I had to look away.

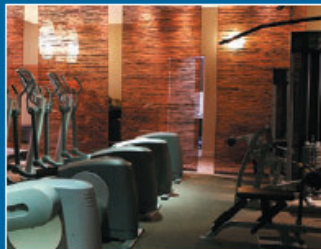
Will Jenkins, New Zealand born, however we won't hold this against him, loves a good chat and wears those funny red shoes.

Make sure to check out his feet if you haven't already seen them. Will loves to relax by surfing, playing touch football twice per week and beach volleyball in his free time although we are not sure when that is as he seems to live here.

members show each other and the instructors the courtesy of being punctual.



• Town Hall
27 Park Street
Tel: 8113 1100



• Sofitel Wentworth
2A Bligh Street
Tel: 8113 3300



• East Leagues Club Entrance
Level 2, 9 Bronte Road
Tel: 8113 8800

Australia's Leading Mind & Body Health Clubs