

# RJH Gymnasium

A complimentary service for RJH lessees



## **RJH GYMNASIUM SERVICES:**

**Monday-Thursday 7am-6pm,**

**Friday 7am-4pm** (*Closed weekends and public holidays*)

The RJH complimentary gymnasium has been recently refurbished and is fully equipped with an extensive range of modern cardio and weight equipment available to all RJH lessees, five days a week.

Take full advantage of this free and conveniently located facility with the help of our fully qualified Gym Manager Georgia, and Assistant Gym Manager, Craig, at your service to provide you with personal health, nutrition and fitness guidance to optimise your workout and help keep your exercise goals on track.

Equipment available to use includes: treadmills, cross trainers, stationary bikes, rowing machines, structured circuit routines, static and free weights, large boxing area and tennis table.

Our personal trainers will provide you with a pre-screen fitness assessment including body fat testing, design and take you through a one hour introduction to a personalized fitness programme and will offer ongoing guidance and support with your workouts and health and fitness goals.

To avoid disappointment, ensure to book ahead for gym use during peak hours 11.30am - 1.30pm.

## **STAFF:**

### **CRAIG TERRIS**

*Assistant Gymnasium Manager  
NZ certificate in exercise level 4  
and 5.  
History in Skateboarding, BMX  
racing and middle-distance  
running.*

Strength & Conditioning  
Training.  
High Intensity Interval  
Training.  
Sport Specific Training  
Mobility.  
Weight Loss.

### **GEORGIA DAALS**

*Gymnasium Manager  
Bachelor of Applied Management  
(Open Polytechnic, Kuratini  
Tuwhera)  
Dip. Exercise prescription & Sport  
Management LVL 4 & 5.  
(NZ Institute of Sport)  
Waitomo Chiefs Manawa Athlete*

Strength & Conditioning  
Training.  
High Intensity Interval Training.  
Sport Specific Training.  
Weight Loss.  
Boxing.



**Robt. Jones Holdings Limited, Gymnasium**  
**Please contact Georgia or Craig on (04) 473 3894 or [gym@rjholdings.co.nz](mailto:gym@rjholdings.co.nz)**  
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