

# 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 complementary 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 Raj, and Assistant Gym Manager, Ying, 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 personalised 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:**

### **RAJ CHINNAYAH**

*Dip. Exercise Science  
(Massey University)*

Weight Loss  
Toning & Sculpting  
Strength & Conditioning Training  
Rehabilitation  
Increasing Cardiovascular Fitness  
Sports Specific Training

### **YING MAENGPANG**

*Assistant Gymnasium Manager*

