

# FB FITNESS



## UP, UP & AWAY

ON WEDNESDAY JASON, TAIGEN AND THEIR GIRLS ARE HEADING TO THE U.S. THEY WILL BE GONE FOR 2 WEEKS. SO DURING THIS TIME IF YOU NEED ANYTHING PLEASE SPEAK TO ALEX OR DM US ON INSTAGRAM.

WHILE WE ARE AWAY WE HAVE MADE A FEW CHANGES TO THE TIMETABLE SO MAKE SURE YOU CHECK THE APP AND BOOK IN FOR CLASSES.

## TIMETABLE CHANGES FOR APRIL

COMING INTO SCHOOL HOLIDAYS THERE WILL BE SOME MINOR CHANGES TO THE CLASS TIMETABLE. THIS WILL MAINLY EFFECT LUNCHTIME, EVENING and FB JNR CLASSES. PLEASE CHECK THE FB APP RE CHANGES AND IF YOU HAVE ANY QUESTIONS PLEASE DON'T HESITATE TO ASK

## 6 WEEK ELEVATE

Congratulations to all participants who finished the 6-week elevate challenge! We've witnessed incredible results, not only physically, but also in personal growth, challenging obstacles, and emerging stronger than ever. We are proud of your hard work and dedication. Keep surpassing those goals.

**The next 6 week elevate will start at the end of April.**

## WHAT'S HAPPENING....

### RUN CLUB

SUNDAY 21ST APRIL

SUNDAY 28TH OF APRIL

## MOTHERS DAY CLASSIC

SUNDAY 12TH OF MAY

## JOIN OUR TEAM



APRIL 2024

# RUN FOR THE KIDS 2024



What an epic day it was!

Running alongside our FB family at Run for the Kids was pure magic! The air buzzed with pride and unity as we all conquered that finish line. Laughter and banter echoed through the air, making it a day to remember. Despite the flushed faces from the warm start, everyone was beaming with pride. Seeing the support and cheers as everyone finished reminds us just how much we love our community.

The atmosphere was electric and full of life, a true celebration of teamwork and a great cause supporting the RCH.

We had a blast and are already arranging our next Fun Run as team FB Fitness - The Mothers Day classic on the 12th May.



# GOOD FRIDAY BOOTCAMP

A massive thank you to everybody who attended and donated to our Good Friday Bootcamp.

Between the Run for Kids & the Good Friday Bootcamp we Raised just over \$2000.

## The Royal Children's Hospital Good Friday Appeal Tax Receipt

RECEIPT NUMBER: 1931734

Donations \$2 and over are tax deductible.

DATE	RECEIVED FROM	TYPE	AMOUNT
29/3/2024	Fb Fitness	Donation	\$515.00



## FB LITTLELY'S CLASS

We are loving seeing the smiling faces and hearing the laughter that comes from our FB Littlely's Classes.

Just a friendly reminder to please book your littlely's in for class to help us plan out the sessions and that the maximum age for these classes is 7yo.

**NO CLASS FRIDAY  
THE 12TH APRIL**



## REMEDIAL MASSAGE SPOTS WITH CARL MONDAY & FRIDAY

Specializing in sports massage, deep tissue massage, trigger point therapy, relaxation techniques, and dynamic stretching. Trust Carl to guide you on your journey to optimal wellness and peak performance.

**To Book a time with Carl, head to the NEW "APPOINTMENT" tab in our APP or speak to one of our staff.**

Please note we have reduced our prices as we are still waiting for our provider number. So at this stage you are unable to claim through private health insurance

## MEMBER OF THE MONTH!

### Claire Roberts

Congratulations to Claire on winning Member of the Month. Claire has improved leaps and bounds since starting with us. She is fitter & stronger than ever and willing to learn & give anything a go. Keep up the good work.

Well done Claire, you have won 2 x Infrared Sauna Sessions & an FB Fitness Tank/Tshirt



**REFER**  
a friend



**RECEIVE**  
2 weeks free on your next months membership



**REPEAT**  
the more you refer the more you get!

**GAIN A GYM BUDDY**

Get 2 WEEKS OFF your next months membership for each person you refer who joins FB Fitness on a membership plan.

Your referral will also receive 2 free sauna sessions.

**Spread the Love**   
**LEAVE US A GOOGLE REVIEW**

SHARE YOUR EXPERIENCE AT FB FITNESS ON GOOGLE REVIEWS AND GO INTO THE MONTHLY DRAW TO RECEIVE 2 X FREE SAUNA SESSIONS



**Selling NOW at RECPETION**