



## XMAS HOURS



THE GYM WILL RUN A SKELETON TIMETABLE OVER THE X-MAS & NEW YEAR PERIOD AS FOLLOWS:

FRI	22ND	NORMAL HOURS	-	-
SAT	23RD	6AM OPEN GYM	7:30AM BOOTCAMP	-
MON	25TH	XMAS DAY- CLOSED	CLOSED	-
TUES	26TH	BOXING DAY- CLOSED	CLOSED	-
WED	27TH	7:15AM STRENGTH	8AM STRENGTH	-
THUR	28TH	7:15AM SWEAT	8AM SWEAT	-
FRI	29TH	7:15AM STRENGTH	8AM STRENGTH	-
SAT	30TH	6:15AM OPEN GYM	7:30AM BOOTCAMP	-
MON	1ST JAN 2024	CLOSED	-	-
TUES	2ND	6:45AM SWEAT	7:30AM SWEAT	-
WED	3RD	6:00AM STRENGTH	6:45AM STRENGTH	7:30AM STRENGTH
THUR	4TH	6:00AM SWEAT	6:45AM SWEAT	7:30AM SWEAT
FRI	5TH	6:00AM STRENGTH	6:45AM STRENGTH	7:30AM STRENGTH
SAT	6TH	6:15AM OPEN GYM	7:30AM BOOTCAMP	-

### DATES TO REMEMBER

Sun 17th: RUN CLUB 7am @ The Tan

Mon 25th, Tues 26th & 1st Jan: GYM CLOSED

### FB SOCIAL GATHERING

WILL BE HELD MID JANUARY 2024 MORE DETAILS TO COME SOON

### QUOTE OF THE MONTH

THE LONGER YOU ENTERTAIN WHATS NOT FOR YOU, THE LONGER YOU POSTPONE WHAT IS. READ THAT AGAIN  
@trulykaykay

## \*FB FAMILY PASS\*

Are you expecting friends or family to stay with you over Christmas and the New Year? Perhaps you know someone who would like to join you for a few extra workouts during the silly season? Then why not purchase our FB Family Pass. It will give your family member or friend access to:

1 MONTH of UNLIMITED CLASSES for \$50

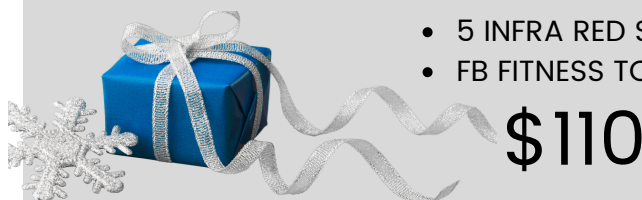
\*May only be purchased for NEW clients only

\*Limit of 1 pass purchase per current FB Member

## CHRISTMAS GIFT BUNDLE

Have that person in your life your just not sure what to buy them? Well why not give the gift of health with our X-MAS Gift Bundle:

- 5 INFRA RED SAUNAS
- FB FITNESS TOWEL



\$110

## MEMBER OF THE MONTH

BILLY MICEVSKI

Even though Billy has only recently joined the FB Family, it feels as though he's been with us for ages and he's already a valuable member of our close-knit community.

Not only is Billy dedicated to his own training, but he's always keen to lend a hand and offer words of encouragement to others.

It's members like Billy that keep the FB community thriving, and we're thrilled to have him as part of our family.

LSKD

We have partnered up with LSKD to provide our members with a 15% discount code on all of their apparel.

Use the code: FBFITCREW15 at checkout to receive 15% off

## THE YEAR THAT WAS 2023

What a year it has been!

2023 was busy to say the least. The biggest thing to happen was obviously our move to our new location at 24 Rocklea Drive.

While only a small move in distance, this was a MONSTEROUS move in reality. We continued to run classes out of one space, while setting up another.

Looking back now, we still don't know how we did it to be honest, but it happened, we had SO many people pitch in and help, and we can't thank them enough!

Once in our new space, we also officially welcomed 2 x new staff members, with Carl and Kent joining our team! They have both seamlessly found their groove within our community and it honestly feels like they have been with us for a lot longer!

We have also been able to offer some extra services. FB Littlies has been a great addition to our timetable with our 2-5 year olds being able to participate in Kids Gym while mum and/or dad are doing a class downstairs. We have seen a massive improvement in the children's development & resilience. We will continue to offer these sessions in 2024!

Another new addition was our Infrared sauna. For those of you that have tried it, you will understand how much of a gamechanger it is for your recovery and overall health. We will continue to make more times available for use of the sauna.

Inside the gym, we have seen so many people achieve some MASSIVE results, whether that be lifting weights that they never thought possible, changing their entire body shape or making the mental shift towards a more healthy and sustained lifestyle!

We honestly could not be prouder of each and everyone of you. This is WHY we do what we do!

We want to continue pushing our own limits and in turn, helping you push yours!

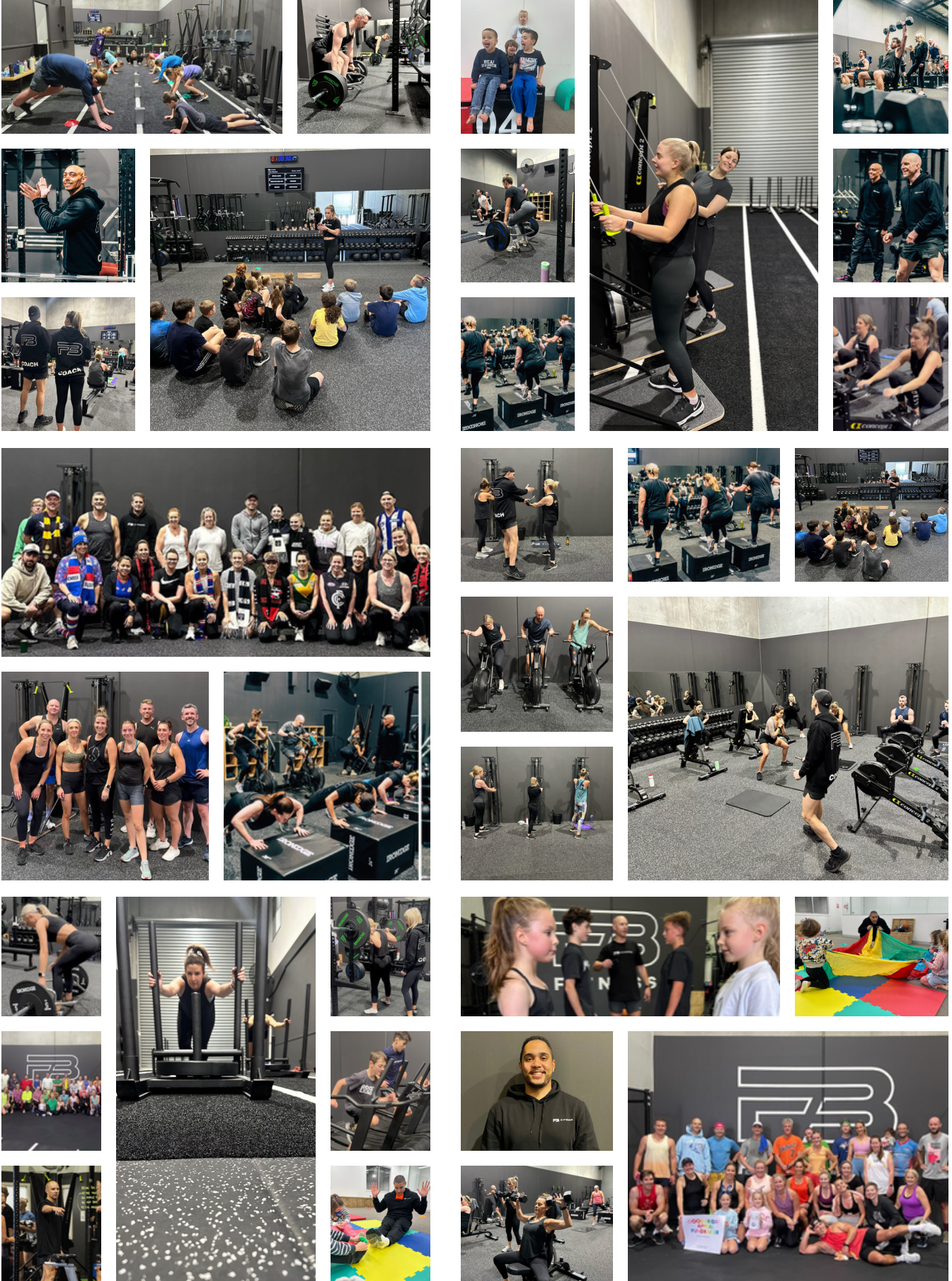
We feel as though we are in a terrific position to set some really ambitious goals for 2024 and we can't wait to put in the work to achieve them!

As always, we couldn't do any of it without the ongoing support of our community. So from all of us, thank you!!





# 2023 IN PICTURES





## TIPS TO HELP YOU STAY ON TRACK DURING THE HOLIDAY SEASON

The holiday and Christmas season is fast approaching, which means plenty of year-end functions, festive lunches and dinners, drinks with friends, and indulging in delicious food. Here are a few tips we have learned over the years that help keep us on track.

### 1. ITS ALL ABOUT BALANCE

The golden rule! Finding a healthy balance is key!! Try following the 80/20 rule – eating healthy 80% of the time but also allowing some room for treats–20%. During the holidays don't feel like you need to eat perfectly and spend hours at the gym. Strive to be consistent while still enjoying the time of year

### 2. PROTEIN IS STILL KEY!!!

Try and consume high quality protein with each meal you have, yes even when eating out! Remember protein will keep you feeling fuller for longer and more satisfied which may help you stop reaching for that second piece of pavlova!!

### 3. START YOUR DAY WITH A WORKOUT

If you can get a workout in early it means if something else comes up during the day you can enjoy the rest of the day without feeling guilty for skipping a session. Just remember moving your body even with a walk is better than doing nothing.

### 4. DRINK A LOT OF WATER

Don't neglect getting in a lot of water so you don't feel so sluggish the day after a night out or day of eating! If you're out drinking, try to have one drink and a water in between the next!

### 5. BE MINDFUL OF YOUR ALCOHOL INTAKE

Remember alcohol has calories. Asking yourself if you really need that next glass is key to keeping on track. You'll feel a whole lot better mentally & physically if you wake up feeling fresh.

### 5. PLAN AHEAD

Planning is key to succeeding in your fitness journey! Map out the upcoming events. Plan and meal prep so you have healthy meals to eat between parties and events. Plan out workouts and even ways to move more throughout the day.

## RECIPE OF THE MONTH

### WEETBIX CHOCOLATE SLICE

SERVES: 12

#### INGREDIENTS:

- 8 Weetbix crushed
- 1/4 cup chocolate protein powder
- 1/2 cup rice malt syrup
- 1/2 cup peanut butter
- 120gm chocolate



#### METHOD:

- Crush Weet-Bix and mix in protein powder
- Melt 50gm of the chocolate with the rice malt rice syrup and peanut butter. Mix to combine then fold it through the Weet-Bix mixture.
- Press into a lined baking dish. Melt remaining chocolate and pour over the top.
- Refrigerate until set then slice into 12 pieces and enjoy!

#### CALORIES & MACROS PER SERVING (per slice)



CALORIES  
150 cal



PROTEIN  
8gm



CARBS  
15gm



FATS  
6gms

## HOUSE KEEPING!

### BE ON TIME

Just a reminder to be on time to classes. We expect that you are ready to start as soon as the clock ticks over to start time. Please try & get to class 1-2 minutes before your session to ensure you are ready to go.

### BOOK & CANCEL CLASSES

Please don't just show up to classes. You need to book in advance and cancel out when you are not attending.

### LISTEN TO INSTRUCTION

Please ensure you are listening to your coach while they are explaining the class, this is not the time to set up your station or run to the toilet.



**Just remember the holidays are about enjoying spending time with friends and family. Find what works for you and most importantly, find what makes you happy – life is meant to be enjoyed!**

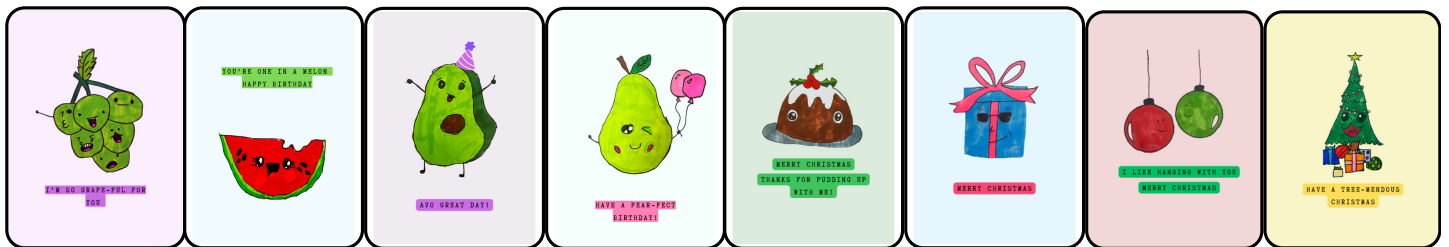
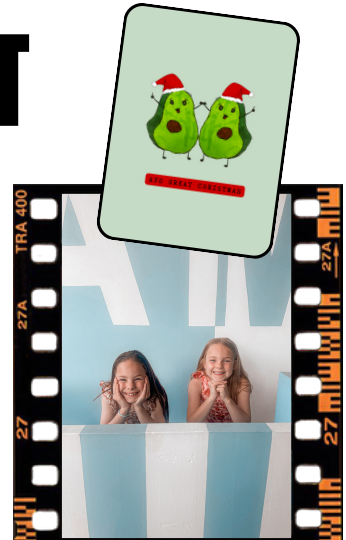
# DECEMBER SPOTLIGHT

You may or may not have seen the cards at reception. If you have they are the designs of Jason & Taigen's, daughters Kaya & Indie. The girls started their business after reading the Barefoot Investor for Kids. They have been open for less than 1 month and have already sold over 200 Cards.



Kandie Kards has a range of Birthday & Christmas Cards that can be ordered through their instagram page or you can grab an order form at reception.

Give them a follow @Kandie\_kards



## WHAT TO LOOK FORWARD TO IN 2024

We have some fantastic news for our valued members! We are poised for remarkable growth in 2024, and we're eager to introduce new services that complement your training and recovery, enabling you to achieve your health, lifestyle, and fitness objectives. Get ready to smash your goals in 2024.

Here is a snippet of what's to come:

- Myotherapy/Remedial Massage
- Regular Run Club
- More Infrared Sauna availability
- New Classes for our timetable
- FB Littles Classes – new days
- FB Junior Classes – including holiday programs
- 6 Week KICKSTART Program – starting early Feb
- More social catch ups