

FB FITNESS



UNLIMITED INFRARED SAUNA MEMBERSHIP \$25/wk

Ready to take your fitness and recovery to the next level this year... than our infrared sauna is your secret weapon.

We are excited to introduce our sauna membership. For an additional \$25/wk on your current membership you can gain unlimited access to our infrared sauna allowing you to get the most out of each workout you do.

Step into its comforting warmth, and you're not just experiencing relaxation – you're giving your body a boost toward peak performance. The magic lies in the deep, penetrating heat that reaches into your muscles, promoting increased blood circulation and oxygen flow.. As you bask in the infrared glow, your body responds by releasing those feel-good endorphins, elevating your mood and providing a natural stress-relief.

Regular sessions in the infrared sauna can be a game-changer, optimising your overall well-being and complementing your fitness journey for a healthier, happier you!

WHAT'S HAPPENING....

RUN CLUB

RUN CLUB WILL START SUNDAY 11TH
@7:30AM

FB JNR AFTER SCHOOL PROGRAM TERM 1 COMMENCES

THURSDAY 8TH FEB 4PM

VALENTINES DAY

WEDNESDAY 14TH- SPREAD SOME LOVE



RUN FOR KIDS TEAM FB FITNESS

REGISTER NOW AND PUT IN YOUR CALENDER MARCH 17TH



FB JNR TERM 1

We can't wait to see our JNR members back in the gym for TERM 1! Classes commence on Thursday the 8th of Feb @4PM and continue until Thursday the 21st of March. If you haven't already signed up and purchased your class pack click on the link at the end of this email.

RUN FOR KIDS MARCH 17th

Don't forget if you haven't already registered to participate in the Run for the Kids 2024 event under team FB Fitness its not too late. You can choose a short course of 4.7km or long course 14.4km.

If you are wanting to get a few kms under your belt before the big day Run Club commences Sunday the 11th of Feb. You can book your spot in the app!



MEMBER OF THE MONTH!

Vitina Costa

Congratulations to Vitina on being the member of the month for January. Vitina had a very consistent January and kept her training up during the holiday period, which is NOT easy to do!

Vitina's commitment to personal growth never waivers and we are truly proud of the consistency over the Christmas period.

Well done Vitina, speak to us at reception about claiming your prize!

IT WON'T HAPPEN OVERNIGHT BUT IF YOU QUIT IT WON'T HAPPEN AT ALL'



500 & 1K CLUB

Congratulations to our members who hit the milestones of reaching either 500 or 1000 classes with us. We have loved watching how each and every one of you have grown in your health and fitness journey and can't wait to keep helping you kick your goals.

500 CLUB

- Alex Angelini
- Amy Senti
- Dave Moline
- Eline Graham
- Hayley Brennan
- Holly McCaul

500 CLUB

- Iain Semple
- Immi Vipond
- Janice Semple
- Jill Butty
- Michelle Ronan
- Nadia Coscini

500 CLUB

- Sharon Jordan
- Simone Britton
- Tim Senti

1K CLUB

- Diana Angelini
- Jill Butty
- Kerry Raeburn
- Rose Celestre
- Sharon Jordan

SOCIAL GATHERING

On Sunday the 21st of Jan, armed with enthusiasm and questionable bowling skills, we hit the green, ready for a day filled with laughter and friendly competition. As we attempted our best shots, gutter balls became the source of endless jokes. Amidst the friendly banter and occasional victory dances, we discovered that lawn bowls was not just a sport but a perfect excuse to share good times with you the FB Community. The sun-soaked (eventually) afternoon was full of laughter and fun times. If you couldn't make it not to worry we will be hosting more social gatherings this year, so stay tuned!



FEBRUARY 2024



FOOD4FITNESS PARTNERSHIP

We are excited to officially announce our latest Meal Partnership with Food4Fitness.

These delicious, ready made meals, are delivered to your door with no fuss and can take your results to the NEXT LEVEL!

So if you're tired of meal prepping or always thinking about what to cook, then check out their website and don't forget to use our discount codes!

www.food4fitness.com.au



FB FITNESS COMMUNITY BUSINESS HUB

We are thrilled to share an exciting opportunity that we believe will significantly not only benefit you and your business but bring the FB Community closer together.

We would love for you to join our exclusive Internal Business Directory we are calling the FB BUSINESS HUB. The aim of the FB Business Hub will be to serve as a platform designed to foster collaboration, networking, community support and growth amongst our members. By becoming a part of this directory, you'll gain access to a multitude of benefits:

- INCREASED BRAND AWARENESS & VISIBILITY
- NETWORKING OPPORTUNITIES
- BUSINESS EXPANSION

We believe that by creating this business hub not only will it benefit your business but it will allow you to contribute to a dynamic and collaborative community that FB Fitness is.

If you're interested in joining the FB Community Business Hub Click the link below.



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**

