

# FB FITNESS



## WELCOME TO 2024!!

**Exciting Plans for the New Year: Building Community and Promoting Personal Growth**

**Happy New Year from our team! We have big plans for 2024, and we're eager to share them with you. Our focus will be on building community and supporting personal growth.**

**To achieve this, we're organizing more community events both at our gym and beyond. We believe in the power of our community and are determined to spread positivity.**

**Additionally, we're thrilled to announce that we are working on a new platform that will allow us to share information and benefits with one another. More details on this exciting development will be revealed shortly. Stay tuned!**

## WHAT'S HAPPENING....

### **6 WEEK ELEVATE**

STARTS MONDAY 5TH OF FEB  
SIGN UPS CLOSE 29TH OF JAN

### **FB MEMBERS SOCIAL EVENT**

21ST JAN AT 12:30PM  
PORT MELBOURNE BOWLS CLUB

### **RUN FOR KIDS** **TEAM FB FITNESS**

REGISTER NOW AND PUT IN YOUR  
CALENDER MARCH 17TH

### **KIDS HOLIDAY PROGRAM**

THURSDAY 18TH JAN 9-12PM  
MONDAY 22ND JAN 9-12PM

### **FB LITTLIES**

JANUARY 19TH  
\*\* CHECK TIMETABLE AS CLASSES  
WILL BE SPORADIC UNTIL TERM 1  
STARTS



## PARTY ALERT!

**WHEN: Sunday 21st January at 12:30pm**

**WHERE: Port Melbourne Bowls Club**

Mark your calendars It's time to celebrate the epic year we had in 2023. There will be a BBQ provided for you, and drinks can be purchased at the bar.

This is a family friendly event, with partners and kids welcome!

Don't forget to RSVP by Wednesday the 17th of Jan.

## 6 WEEK ELEVATE

Elevate Your Health and Happiness in 2024 - Join Our 6-Week Program

2023 has been and gone just like that. Did you make the changes you wanted? Are you ready to be the best version of yourself? Do you want to be both mentally and physically strong and have the tools to cope with anything?

It's time to reflect on your journey toward becoming the happiest and healthiest version of yourself. If you feel that there's more you can achieve, we're here to provide the support you need.

In February 2024 we are introducing our NEW 6-Week Program ELEVATE, specifically designed to help you make the BEST start to 2024.

Here's what you'll gain with this program:

- ✓ Fortnightly Inbody Scans
- ✓ Weekly Infrared Sauna
- ✓ Weekly Coaching Calls
- ✓ Text Message Support
- ✓ Weekly Group Coaching Call & Seminar
- ✓ Custom Calories and Macro Breakdown
- ✓ Goal Setting
- ✓ Running Training, working towards optional RUN for KIDS

Program starts Monday 5th of February

All of this is available at a members price of just \$299.



**-BIRTHDAY-**

**ADD YOUR DATE OF BIRTH & A PHOTO TO YOUR GLOFOX PROFILE  
TO RECEIVE A BIRTHDAY GIFT IN 2024!**





## FB JNR HOLIDAY PROGRAM

**HOLIDAY PROGRAM:** Our JNR holiday program will run across two days for the month of January- Thursday 18th and Monday 22nd 9am-12pm. An email was sent out with booking links so double check your inbox to book!

**TERM 1 FB JNR WEEKLY SESSIONS WILL COMMENCE THE WEEK OF THE 5th FEBRUARY**

## RUN FOR KIDS- MARCH 17th

We are super excited to announce that FB Fitness has registered a team to participate in the Run for the Kids 2024 event. You can chose a short course of 4.7km or long course 14.4km. So lace up your sneakers and join our team as we hit the pavement in support of the Royal Children's Hospital. Keep an eye out for an email to follow shortly with more information on how to register and donate as well as some extra running sessions we will be holding so that everyone can join in this great cause.



## MEMBER OF THE MONTH!

**Danny Ryan**



Congratulations to Danny for being awarded December's Member of the Month! Mr. Strong constantly pushes himself and does so with an infectious smile on his face. Danny rises to the challenge and consistently breaks personal records, proving his determination and commitment. It's not just his dedication to fitness that makes him a valuable part of the team, but his willingness to be an active member of our FB community.

**“What if the right time is now? What if you choose right here right now that this year is your year! What if then?”**




# MEMBER SPOTLIGHT: DR NICK RHODES



 **\*\*Discover Clarity Medical - Your New Healthcare Destination!\*\***

Meet Clarity Medical St Kilda East, co-founded by our very own Dr Nick Rhodes and his business partner Dr Katie Mellor. Clarity Medical is a GP clinic here to provide exceptional healthcare with compassion, inclusivity, and personalised attention.

What are some of the key values of Clarity Medical?

-  Experienced GPs who deeply care about their patients.
-  Collaborative relationships built on trust.
-  Inclusive and discrimination-free healthcare environment.

Located at 338 Dandenong Road, St Kilda East. Near Lansdowne Road tram stop and a short walk from a number of local train stations, this carefully crafted and newly renovated GP clinic awaits.

Webpage - [www.claritymedical.com.au](http://www.claritymedical.com.au)

Instagram - [@claritymedicalgroup](https://www.instagram.com/claritymedicalgroup)

Visit to learn more!



**FB BUSINESS HUB  
LAUNCHING SOON**

