

FB FITNESS



OH BABY!

A Big Congratulations to Kent & his family on the safe arrival of their second little girl. Baby Zuri was born Wednesday 21st of February and both mum and baby are doing well. Kent is having some time off to spend with his family and soaking in all the newborn goodness. But don't worry he will be back before you know it.



EASTER HOURS



GOOD FRIDAY	29TH MARCH	8AM - CHARITY BOOTCAMP
EASTER SATURDAY	30TH MARCH	7:30AM BOOTCAMP
EASTER SUNDAY	31TH MARCH	CLOSED
EASTER MONDAY	1ST APRIL	7:30AM STRENGTH

WHAT'S HAPPENING....

RUN CLUB

SUNDAY 3RD OF MARCH

- 7:30AM - SANDRIDGE CAR PARK

SUNDAY 10TH OF MARCH

- 7:30AM - SANDRIDGE CAR PARK

SUNDAY 17TH OF MARCH

- RUN FOR KIDS

SOCIAL CATCH-UP

PLEASE KEEP SUNDAY THE 17TH OF MARCH AT 3PM FREE FOR A CASUAL CATCHUP. MORE DETAILS TO COME

INTERNATIONAL WOMENS DAY

FRIDAY 8TH MARCH

EASTER TIMETABLE!

WE WILL HAVE A SKELETON TIMETABLE OVER THE EASTER BREAK & THERE WILL ALSO BE A FEW CHANGES OVER THE SCHOOL HOLIDAYS





CHARITY BOOTCAMP

FRIDAY THE 29TH OF MARCH 8AM

BOOK VIA THE APP AND DON'T FORGET TO BRING A FRIEND. BOOTCAMP IS FREE BUT WE ASK FOR A DONATION TO THE "GOOD FRIDAY APPEAL"

DRESS UP AS YOUR FAVOURITE SUPER HERO



RUN FOR KIDS MARCH 17th

REGISTRATION & PAYMENT CLOSE TODAY 1st MARCH... IF YOU HAVEN'T REGISTERED TODAY IS YOUR LAST CHANCE TO JOIN TEAM FB FITNESS.

Our goal is to raise \$4000 and we are well on the way already having raised over \$1200. If you would like to donate click on the link below.

We are encouraging all ages and fitness levels to get involved in this great cause. We are here to provide guidance and support, to help you all achieve this goal.... we have a number of kids as part of our team and couldn't be prouder that they want to support such a great cause.

Run Club will be running for the next 2 weeks as we edge closer to the 17th.

Herald Sun | Transurban
RUN for the **KIDS**
TEAM:FB FITNESS
SUPPORT OUR TEAM BY MAKING A DONATION TO THE ROYAL CHILDREN'S HOSPITAL GOOD FRIDAY APPEAL LTD

OUR GOAL IS TO RAISE \$4000

MEMBER OF THE MONTH!

Brad Julier

Congratulations to Brad on being the member of the month for February. Brad has been very consistent over the January/February period while getting the 5am Crew in check. His dedication to the 5am class is so strong, even his dumbbells are starting to feel inadequate 😊

Well done Brad, speak to one of our staff at reception about claiming your prize!

HOUSE KEEPING

As we stride into March, our commitment to your fitness journey remains unwavering. The gym is buzzing with classes pumping- 5:45am and 6:15am classes are running at full capacity- we are absolutely loving the energy you are all bringing so keep booking those classes well in advanced to avoid missing out!!!

Just a few house keeping reminders given that classes are booking out:

- To avoid missing out on a class please make sure you are booking a week in advance.
- If you need to cancel out of class you need to do so 3 hours prior to the start time so that people on the waitlist are given enough notice to attend class. If cancelled after that 3 hour window has passed a \$10 late cancellation fee will be charged to your account.
- If you are waitlisted please note this does not mean you have a spot in class. If you show up to class please note that you will be turned away for safety reasons. Our classes have a maximum capacity for a reason.
- Failure to show a class you have booked into will also incur a \$10 no show fee. We want as many people as possible to get the opportunity to attend the classes they most prefer and if we have no shows and late cancels this isn't fair to our member base
- Punctuality is important, please arrive 1-2 minutes before class so you can get yourself sorted and be ready to start the warm up.
- Most importantly we want to come to classes, bring the energy and enjoy your workout!!!!

6 WEEK ELEVATE!

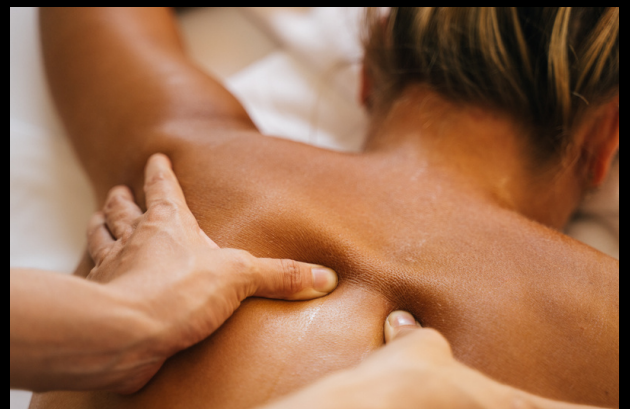
Our 6 week Elevate members are kicking goals and so far have achieved some remarkable results both mentally and physically. We're proud to be part of their journey and look forward to seeing their final results.

NOW OFFERING LIMITED REMEDIAL MASSAGE SPOTS

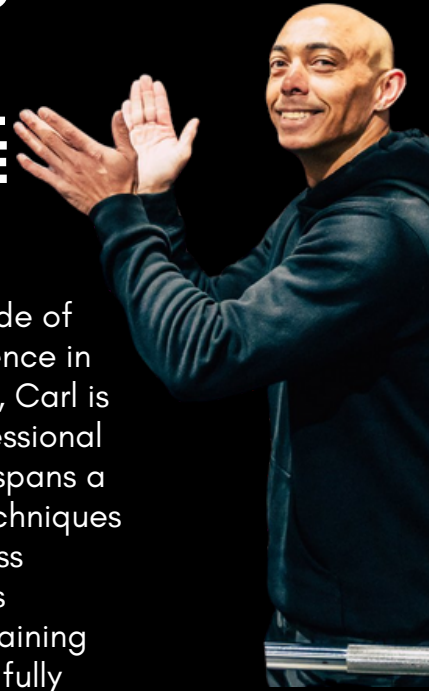
With over a decade of hands-on experience in massage therapy, Carl is a seasoned professional whose expertise spans a wide range of techniques tailored to address various needs. His comprehensive training equips him to skillfully apply techniques that benefit every part of the body.

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





FUEL YOUR FITNESS: THE CRUCIAL ROLE OF HYDRATION AND ELECTROLYTES IN YOUR WORKOUT

In the pursuit of a healthy and active lifestyle, we often focus on aspects like nutrition and exercise routines, but one crucial factor that can make or break your fitness journey is often overlooked - hydration. Staying well-hydrated and maintaining the right balance of electrolytes in your diet is essential for optimal performance and overall well-being. Let's dive into the importance of hydration and electrolytes in fuelling your fitness endeavours.

Hydration: The Foundation of Peak Performance Staying properly hydrated is fundamental to ensuring your body functions at its best during workouts. Water is involved in virtually every physiological process in the body, including nutrient transportation, temperature regulation, and joint lubrication. When you're dehydrated, your energy levels plummet, and your ability to perform at your peak diminishes. Make it a habit to drink an adequate amount of water throughout the day, and pay attention to your body's signals for thirst.

1. Electrolytes: The Spark of Energy Electrolytes are minerals that carry an electric charge and play a vital role in maintaining the balance of fluids in and out of cells. The key electrolytes include sodium, potassium, calcium, magnesium, chloride, phosphate, and bicarbonate. These minerals are essential for nerve function, muscle contractions, and maintaining proper hydration levels. Sweating during intense workouts can lead to electrolyte loss, and it's crucial to replenish them to prevent fatigue, muscle cramps, and other performance issues.

2. The Link Between Hydration and Electrolytes Hydration and electrolyte balance go hand in hand. Water alone may not be sufficient if you're sweating heavily during your workouts. Electrolytes are lost through sweat, and if not replenished, it can lead to an imbalance, affecting your body's ability to function optimally. Consider incorporating electrolyte-rich beverages or supplements, especially if you engage in prolonged or intense exercise sessions.

3. Signs of Dehydration and Electrolyte Imbalance

Recognizing the signs of dehydration and electrolyte imbalance is crucial for addressing these issues promptly. Symptoms may include dizziness, fatigue, muscle cramps, headaches, and dark urine. Pay attention to these signals and take proactive measures to rehydrate and rebalance your electrolytes.

4. Hydration Tips for Fitness Enthusiasts

- Start your day with a large glass of water or even better electrolytes.
- Carry a reusable water bottle to ensure easy access to water throughout the day.
- Consume electrolyte-rich foods like bananas, oranges, and leafy greens.
- Consider electrolyte supplements such as LMNT for intense workouts lasting more than an hour.

In your fitness journey, don't underestimate the power of proper hydration and electrolyte balance. These factors are the unsung heroes behind your energy, endurance, and overall well-being. By making conscious efforts to stay hydrated and replenish electrolytes, you'll be giving your body the support it needs to excel in your workouts and achieve your fitness goals. Remember, water and electrolytes are not just fluids; they are your fitness allies, propelling you towards a healthier and more active lifestyle. We will be selling electrolyte sachets at reception. Speak to one of our staff to find out more.

FRIENDS OF FB 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

NEW STYLES DROPPING WEEKLY



FOOD 4 FITNESS

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

FBF10-TO RECEIVE 10% OFF YOUR ORDER
FBF30-TO RECEIVE \$30 OFF YOUR 1ST ORDER



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



FEBRUARY WINNER IS...

**HAYLEY
BRENNAN**

Thanks for sharing the love guys!!!



Selling NOW at RECPETION

FB FITNESS