

FB FITNESS



MOTHERS DAY SALE

SPOIL

MUM

3 x SAUNA SESSIONS
1 x HODDIE of CHOICE
1 x INBODY SCAN

\$99

EMAIL INFO@FBFITNESS OR
PURCHASE @ RECEPTION

WHAT'S HAPPENING....

ELEVATE PROGRAM

OUR ELEVATE PROGRAM KICKED OFF THIS WEEK. WE ARE VERY EXCITED TO WORK WITH A NEW GROUP AND EDUCATE THEM ON ALL THINGS HEALTH AND WELLNESS.

MOTHERS DAY

12TH MAY - DON'T FORGET!

MOTHERS DAY CLASSIC
SUNDAY 12TH OF MAY

JOIN OUR TEAM



NEW 6 WEEK PROGRAM BLOCK

On Monday the 29th of April we started a NEW Program. This program will bring us through to June.

The first 2 weeks of the new program will start with a Pyramid set structure before moving into our rep decline in the last 4 weeks.

Pyramid training in a weight training context means you start heavy and gradually decrease the weights or reps or you start light and gradually increase the weight or reps. Our Pyramid consists of starting at a lighter weight with higher reps then dropping the reps but increasing the weight.

We are trialling something different, which will give you a chance to have more sets, more rests. We would love to hear your feedback on this.

Our main lifts for the next 6 weeks will be Barbell Bench Press, Squats, DB Shoulder Press, BB Thrusts, Deadlifts and Incline Chest Press



OUR USA TRIP!

A massive thank you for all the love and support on our family trip to the US. We have had lots of questions regarding our holiday so we thought we would share a few highlights.

A trip to remember, a family holiday to L.A and Hawaii. We started off with 2 days in Disneyland, it really is as magically as they say it is. Followed by 1 day at California Park and 2 Days at Universal Studios. The main questions we have been asked was which one was the best. They were all very different, Disneyland was magical, California Park was great for the rides and thrills and Universal was WOW, next level amazing.

We finished the trip with some time to relax by the beach in Hawaii. It was a much needed rest and reset. The highlight of Hawaii would have been snorkeling with the turtles which was a big bucket list item for Kaya.

2 weeks making memories with our family and we were grateful for every second.

Until next time..!

MEMBER BUSINESS SPOTLIGHT

**CARTER
&KO.**
events

ARE YOU LOOKING FOR AN EVENT PLANNER OR STYLIST FOR YOUR NEXT BUSINESS LAUNCH, CHRISTMAS PARTY OR CONFERENCE?

WITH 15 YEARS IN THE HOSPITALITY AND EVENTS INDUSTRY, STEPH AND HER TEAM HAVE A WEALTH OF EXPERIENCE TO BRING YOUR VISION TO LIFE AND TRANSFORM ANY EVENT INTO ONE YOUR GUESTS WILL NEVER FORGET.

AS AN ADDED BONUS FOR THE FB COMMUNITY, YOU WILL RECEIVE 15% OFF PLANNING FEES ON YOUR NEXT EVENT.

EMAIL STEPH:
HELLO@CARTERANDKO.COM.AU



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Derek Portelli

derek@dealerfinancegroup.com.au

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DEALER - DEREK PORTELLI

WE ARE VERY HAPPY TO ANNOUNCE THAT LONG TIME MEMBER DEREK HAS STARTED HIS OWN FINANCING BUSINESS.

IF YOU OR ANYONE YOU KNOW ARE NEEDING SOMETHING FINANCED, PLEASE GET IN CONTACT WITH HIM ON 0499 254 012

MENTION YOU ARE PART OF THE FB COMMUNITY AND HE WILL LOOK AFTER YOU!

MEMBER OF THE MONTH!

Amy Kenefek

Congratulations to Amy on winning Member of the Month. Amy has completely changed her lifestyle since joining us. She was able to hit several PB's in our testing week and we can't wait to see how far she goes!

Well done Amy, you have won 2 x Infrared Sauna Sessions & an FB Fitness Tank/T-shirt to pick up from reception.

Help support our gym by referring your friends, family, and coworkers!

When you refer someone to our gym, not only are you helping them on their fitness journey, but you're also supporting our business.

Let's grow our amazing community together and continue to make our gym a great place for everyone!"



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

IF YOU ENJOY WORKING OUT AT FBFITNESS AND LOVE THE COMMUNITY WE HAVE BUILT WHY NOT SHARE THE LOVE ON GOOGLE REVIEWS, WE WOULD BE SUPER GRATEFUL AND YOU WILL GO INTO THE MONTHLY DRAW TO RECEIVE 2 X FREE SAUNA SESSIONS

