



September Newsletter

CLASSES

Smash45 - Tues 6.30-7.30pm
7.30-8.30pm
Thurs 7.30-8.30pm
Sat 7.00-8.00am

Core & Stretch-Wed 7.30-8.30pm

Boxing - Sun 9.00-10.00am

ALL WELCOME



SEPTEMBER BIRTHDAYS!

Ann Noonan	1st
Geraldine Hill	2nd
Katie Price	5th
Jill Connolly	6th
Jan Dunn	6th
Cassie Braunthal	6th
Holly Stevens	9th
Kate Allen	10th
Michelle Muirhead	14th
Jo Mackenzie-King	15th
Yassinta Caltieri	16th
Jessica Ramsay	16th
Alex Macrokanis	16th
Linda Eddy	19th
Mark Percy	19th
Mark Opie	19th
Pauline Corry	21st
Rob Kilkenny	22nd
Peter Scott	23rd
Carolyn Bryant	26th
Brendan Stevenson	29th
Christine Scott	30th

2018 Ultimate Treadmill Challenge



It's time to get things moving for our next amazing Ultimate Treadmill Challenge.

We are back at **Westfield Doncaster** on **Friday 2nd** and **Saturday 3rd March 2018**, with 30 treadmills in action. We are proudly supporting two fantastic charities next year, **The Starlight Foundation** and the **EB Research Foundation**.

The Starlight Foundation has an incredible network supporting sick kids and their families with Starlight Express Rooms and Captain Starlight's located at major children's hospitals around Australia.

Our new partner, **EB Research Foundation**, is raising funds for research into this debilitating condition. Epidermolysis Bullosa is like living with third degree burns as the skin lacks a critical protein that binds the layers of skin together. All funds raised will go directly to funding research to unlock the genetic code to cure EB.

HOW YOU CAN HELP:

- **Treadmill Sponsors.** \$3300 per treadmill and provide a team for the 24 hours.
- **Participants.** There will be treadmills available that require participants and everyone is requested to raise extra funds through individual sponsorships.
- **Volunteers.** We will need an enthusiastic group of volunteers to help run the event so if you can spare a few hours we would love your support.
- **Donations.** We will have 2 Fitness Energy treadmills next year so we are seeking support to raise the funds and attract the legs for participation.

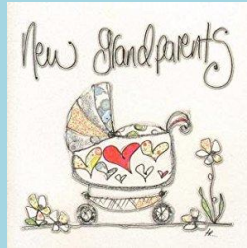
This event began back in 2007 with 6 treadmills at the studio. Over the years we have raised in excess of \$280,000 for various charities, and we are proud of our achievements. If you have not been involved in Treadmill Challenge before please join us for this special event. We work hard, have fun and raise much needed funds for charity. The key message here is our ability to "make a difference". There is plenty wrong with our world today, let's work together to make it better.

CONGRATULATIONS



**Engaged - Kate Allen
and Paul McGee in
Hawaii**

**Grandparents -
Karen & Bernie Ebzery on
the safe arrival of their
granddaughter Maya.**



School Holidays

September/October school holidays are just around the corner - please advise us if you are going away.



Spring Back Into Shape

Congratulations to our clients who have signed up to the 12 week program.

IT'S NOT TOO LATE - Call us now to enrol and shed those winter kilos before summer.

9876 6800



How's Your Balance?

Balance is actually a key component of your health and fitness and one that needs particular attention. For our young clients balance is a vital part of their sporting ability and functional performance so we make sure we train it.

In society as we age it is definitely something we take for granted and forget about until we find ourselves at the other end of the spectrum where we notice a decline in performance. This can happen at various ages, depending on your health and fitness and how active you have been throughout your life.



It is vital to pay attention to this because those who don't are vulnerable to falls and often find themselves in hospital or rehab. That's why we incorporate balance and instability into your training. When we challenge your balance we ensure that your body systems keep working properly to maintain function. "Use it or lose it".

Fitness Energy

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