



# February Newsletter

## Contents:

- Treadmill Update
- Winter Olympics
- Class Times
- Volunteers Needed



## **FEBRUARY BIRTHDAYS!**

Marion Smith	1st
Matt Faulkner	3rd
Jonathan Adicho	5th
Pat Gunn	7th
Belinda Pawlik	8th
Vicki Bell	9th
Dean Kruger	10th
Bryan Handson	11th
Steve Alexander	15th
James Garnett	19th
Bailey Read	19th
Jason Hutchinson	23rd
Chris Mow	23rd



The Ultimate Treadmill Challenge is only a few weeks away on March 2 & 3 at Westfield Doncaster. This is the 9th event we have run and it has come a long way from its humble beginnings, with just 6 treadmills at Fitness Energy! We are again running 30 treadmills at Westfield and we really need your support.

### **Our key requirements are:**

- **DONATIONS**
- **TREADMILL BOOKINGS**
- **VOLUNTEER ASSISTANCE**

**Our target this year is to raise \$100,000!** We have secured great corporate partnerships to assist us but Fitness Energy is the heart and soul of this event and we need your help, however large or small.

We still have a couple of treadmill sponsorships available so if you are in a position to help here please speak to Jane.

Deadlines are fast approaching. We are working on our special guest list but if you have any connections to sports celebrities or media contacts we would love an introduction.

The countdown is on!! We want to see you all at Westfield for an amazing event!

**Online Booking: Get in now to secure your timeslot. Any queries, just call us - 9876 6800**

# Winter Olympic Games

## Fitness Challenges



To celebrate the 2018 Winter Olympic Games, the studio is bringing back themed fitness challenges! Record holders will be written on the board and at the end of the games the winners of each event will be announced. The challenges will be the following:

- Cross country ski:
  - o 2km partner ski relay (500m on/off)
  - o 300m sprint ski
  - o 1km endurance ski
- Balance board hold
- Power sled endurance test
- Long jump
- Vertical jump
- Duathlon (500M rower, 20 x push-ups)
- Biathlon (500M ski, medicine ball throws)



Challenges will kick off at the start of the Olympics (Feb 9th) & run until the closing ceremony on the 25<sup>th</sup> Feb!

## Social Media!!!

Fitness Energy is on **Facebook** and **Instagram** - jump on and like us and follow our updates.



## CLASSES

**Sundays - 9.00am Boxing**

**Tuesdays - 6.30pm SMASH45**

**Wednesdays - 7.30pm Core & Stretch**

**Saturdays - 7.00am SMASH45**

**BOOK ONLINE**



**Friday 2nd - Saturday 3rd March**

## VOLUNTEER CREW WANTED

The 2018 Ultimate Treadmill Challenge is not far away.

If you can spare an hour or more, please let us know - we would love to have your help. Sign-up form is at gym reception.



**Fitness Energy**

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