



REAL LIFE FITNESS

Welcome to the 3rd edition of our Newsletter.

It's been a busy few months with our 6-week challenge, followed immediately by our 30-day challenge. Look out for more of these small group challenges coming up over the cooler months to keep you motivated through Winter. Whilst mentioning our challenges, we would like to make a special mention to Kate Lambert. Kate has participated in every challenge we have run and in between challenges she attends personal training sessions. She regularly does classes even while the challenges are on. Her hard work, dedication to her training and a change of eating habits has led her to achieve outstanding results. Kate is also a great human and is an absolute pleasure to be around. Whilst on the subject of achievements, congratulations to Annie True for winning her cross country race. Annie regularly attends RockStal kids class to improve her fitness.

If you like the small group training aspect and have a few "gym friends" that you like to train with, get together and we can arrange some sessions for you. Cost is \$15 / person per session for 3 or more people. We also offer one on one personal training as well as sessions for two people together. We have a PT special for the month of April and these do not expire so you can purchase them now and save them for when you are ready. There is no limit on how many packs you can buy so it's a great time to stock up, so you have them ready to use.

Get ready for our first bike challenge on Sunday 5th May, appropriately called "CYCO Challenge". This will be a fun morning so get a team together or let us know so we can put you in a team. A huge thanks to Bec Sweeney for donating the medals for the winning team and the plaque for the gym.

REAL LIFE CYCO Challenge

Sunday 5th May, 2019 at 9:00am

Team Cycle Challenge

- Teams of 4 riders (5 Teams Total)
- \$10 entry per rider (\$40 per team) - Winning team collects all entry money
- Winners are based on total calories burnt throughout session
- MyWellness App required
- Notification of Team Name & Team Colours required by 28th April, 2019
- 45 minute class
- Participation gift included

I was born to be REAL, not to be perfect

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5 PACK PERSONAL TRAINING OFFER

FOR THE MONTH OF APRIL

5 PACK ONE ON ONE 30 MINUTES \$135

5 PACK ONE ON ONE 60 MINUTES \$210

I WAS BORN TO BE REAL, NOT TO BE PERFECT.

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Our monthly challenges are underway for 2019. This is a great way to challenge yourself and the winners from each month may be lucky enough to get an invitation to compete in our Mr & Mrs Real Life Challenge at the end of the year. Check Facebook and Instagram every month or the noticeboard in the gym for each month's challenge.

REAL LIFE MONTHLY Challenge

Are you up for the April Monthly Challenge?

***How many Barbell Military Presses can you complete in 60 seconds?**

Competitors can try numerous times throughout the month of April. Challenge will end Tuesday 30th April 2019 at 7:30pm.

So come on give it a go

A gym for REAL people

NEWSLETTER

April 2019



Watch out for a visit from the Easter bunny SOON.

We have a new timetable commencing on 29th April with a HIIT Strong class added to the schedule early in the morning as requested by some of our members. We are also introducing our "Start Up" classes which will be replacing our Still Got It classes. These classes are perfect for anyone new to exercising in a gym or anyone wanting to try a class and is appropriate for all ages.

There are 35 classes every week here at Real Life Fitness so you can always find something to mix up your routine. As a small family gym, this is a huge number of classes and is more than some of the "big" gyms around offer. We pride ourselves on giving you value for money, keeping the gym clean and tidy and offering top-quality equipment. I'm sure you would agree that we succeed in doing that so please spread the word about our gym for us.

Lastly, thank you for supporting our small family gym. As you know, we love what we do, and there is never a minute when we are open that you won't see one of us or both of us in the gym.



House Keeping Rules

Reminder to book in for all classes and bring a drink bottle and always have a towel to use.....no one wants to lay on someone else's sweat!



Remember.....
We were born to be **REAL**
not to be perfect 😊



EASTER 2019
Class Timetable & Operating Hours

Friday 19th April GOOD FRIDAY • **CLOSED**

Saturday 20th April EASTER SATURDAY
OPEN 7:30am - 9:30am
8:00am FUNCTIONAL FUSION

Sunday 21st April EASTER SUNDAY • **CLOSED**

Monday 22nd April EASTER MONDAY
OPEN 7:30am - 9:30am
8:00am FUNCTIONAL FUSION

ANZAC DAY 2019
Thursday 25th April ANZAC DAY • **CLOSED**

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