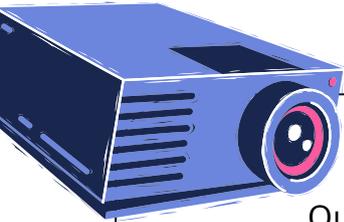




NEWSLETTER

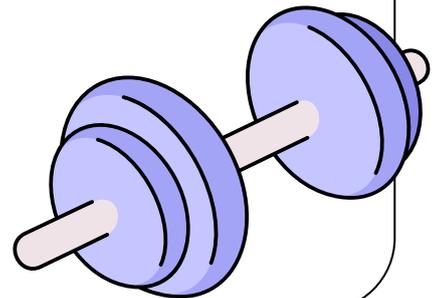


LES MILLS VIRTUALS

CLASSES TO SUIT YOUR LIFESTYLE!

Our Virtual Classes are exciting cinematic-quality versions of live classes! Running 24/7 outside our Instructor led classes, you have the options of:

- CX Core
- Body Pump
- Body Balance
- Body Attack
- Body Combat
- RPM
- Sprint



JAN 2025 TOP VISITORS



1. Stuart A / 30
2. Sharan B / 27
3. Trevor P / 26
4. Peter T / 25
5. Suzanne B / 25
6. Suzanne M / 24
7. Kylie Z / 23
8. Brodie B / 21
9. Glen W / 20
10. Stephanie H / 20

VALENTINES DAY

FEBURARY 14th!

**Don't forget to spread the love
this valentines day!**

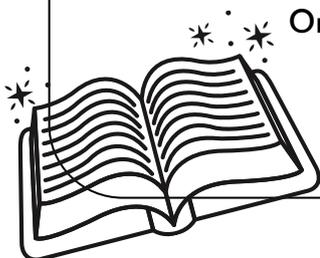
We sure will!



OUR STORY

Established in 2014 and located behind the Caloundra RSL (next to the Memorial Garden and Display helicopter), we pride ourselves in providing a warm and friendly atmosphere, with quality Technogym equipment, supported by the Technogym App. We recognise and respect people from all walks of life, with all abilities, and encourage our members to do the same.

Our services include, Group Fitness, Personal Training, Exercise Physiology, One on One Reformer, Chiropractor, Dietitian & Nutritionist, Technogym Cardio and Strength Gym Floor.



We are proud members of Ausactive!



DID YOU KNOW?

YOUR PRIVATE HEALTH MAY HELP!

Did you know that your private health insurance may cover a portion of your one-on-one sessions with our Exercise Physiologists?

Depending on your health fund and level of cover, you may be eligible for a subsidy.

This makes it even easier to access the support you need to achieve your health and fitness goals.

Did you know we have a Dietitian and Chiropractor on-site. If you would like more information see below for their contact details.



Jody Pollard
jody@totalnd.com.au

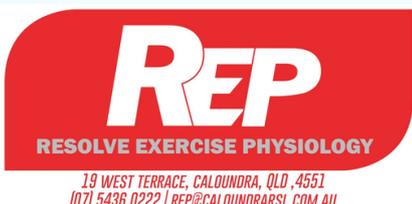


CALOUNDRACHIROPRACTIC

Karen Phillips

0413 784 861
caloundrachiropractic@gmail.com

Resolve Exercise Physiology



Are you recovering from an injury? or feeling pain?
Are you living with a chronic condition?
Struggling with your mental health?
Are you pregnant or have recently given birth?

**Exercise Physiology can help with all of these condition and more!
Call us on 07 5436 0222 to find out how we can help you.**

Contact us at reception@resolvefitness.com.au via email and check out our website at ResolveFitness.com.au.

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 Follow us on Instagram @resolvefitnesscaloundra