



NEWSLETTER

RESOLVE WEBSITE UPDATE



Our website is **BACK & BETTER THAN EVER!**

Find class timetables, meet the team, read 'Our Story', Get in contact with our talented team and providers! -REP (Resolve Exercise Physiologists), Reception, Dietitian & Nutritionist Jody Pollard (APD & AN), Chiropractor Dr Karen Phillips

DECEMBER TOP VISITORS

1. STUART A. / 31
2. SUZANNE M. / 25
3. KAREN H. / 24
4. NOAH P. / 24
5. PETER T. / 24
6. EDWIN P. / 22
7. TREVOR P. / 21
8. SHARAN B. / 21
9. KYLIE Z. / 20
10. DIANNE M. / 20

2024 TOP VISITORS

- | | |
|-----------------------|----------------------|
| 1. Stuart A. / 340 | 11. CLAUDIA M. / 206 |
| 2. SHARAN B. / 300 | 12. ANTHONY G. / 205 |
| 3. EDWIN P. / 286 | 13. GRACE J. / 197 |
| 4. TREVOR P. / 265 | 14. MARK D. / 189 |
| 5. GLEN W. / 245 | 15. ANETTE H. / 184 |
| 6. KAREN H. / 239 | |
| 7. BERNICE H. / 223 | |
| 8. NAOMI M. / 216 | |
| 9. STEPHANIE H. / 215 | |
| 10. COLLEEN T. / 215 | |



*Name & Number of Visits

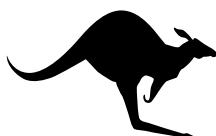
AUSTRALIA DAY 2025

Monday 27th of January

24 Hour access only

Additional Virtual classes!

No instructor Led classes or Reception



MYWELLNESS ACCESS KEY BENEFITS

Our Mywellness keys are a one off \$60 Payment. They are mandatory for All Contracts Excluding Casuals. Anyone can purchase a key ! See below the many benefits of our access keys.

1 Hour Induction & Training Program Set up with Personal Trainer

1 Hour Program Review every 2 Months with Personal Trainer

Mywellness Booking App Account

Mywellness Training Tracker



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



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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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