

NEWSLETTER

APRIL PUBLIC HOLIDAYS

GOOD FRIDAY Friday 18th of April

EASTER MONDAY Monday 21st of April

ANZAC DAY Friday 25th of April

24 Hour access only

Additional Virtual classes!

No instructor Led classes or Reception

MARCH TOP VISITORS

1. Sharan B. / 29
2. Edwin P. / 24
3. Robyn H. / 23
4. Naomi M. / 22
5. Karen H. / 22
6. Noah P. / 21
7. Glen W. / 20
8. Mark D. / 20
9. Trevor P. / 20
10. Brodie B. / 20

*Name & Number of Visits

MEET THE TEAM

Freyja has been apart of the Resolve Team since we established in 2014 and manager for 8 years!

SOME FUN FACTS ABOUT FREYJA!

- Moved to the Sunshine Coast in May 2008
- From England
- She loves Tea!

FREYJA'S FAVORITES!

Sweet Treat - Apple Crumble & Custard
Thing about the Sunny Coast - Outdoor
Lifestyle & Activities
Class to Instruct - RPM



APP UPDATE

TECHNOGYM -TRAINING COACH APP

Did you know that we have a bigger & better training and class booking app?!?!

You keep the same account name and password that you have been using for your My Wellness account. This may be presented to you as an App update, or you can download the Technogym App. Simple!

DO NOT Create a new account. Please login using the same details as your My Wellness account. If you are having trouble remembering your Username and/or Password,

DO NOT create a new account.



FREE

CHIROPRACTIC WORKSHOP

ARE YOU STRUGGLING WITH INFLAMMATION?

Inflammation can be a silent disruptor in your life, causing pain, fatigue and long term health issues. However, is it just a result of a deficiency in the right anti-inflammatory medication, or is there more to it?

Come and join Chiropractor Dr. Karen Phillips to explore what might be going on!

FREE Workshop

Thursday 8th of May @ 11.45am

30-45min Sessions

No booking required



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

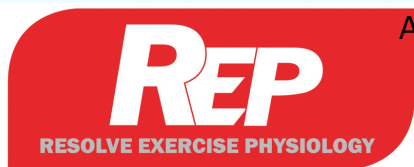


CALOUNDRACHIROPRACTIC

Karen Phillips

0413 784 861
caloundrachiropractic@gmail.com

Resolve Exercise Physiology



19 WEST TERRACE, CALOUNDRRA, QLD 4551
(07) 5436 0222 | REP@CALOUNDRASL.COM.AU

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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