

APRIL 2026

ALL YOUR UPDATES

19 WEST TERRACE CALOUNDRA
QLD 4551

Newsletter

RESOLVE FITNESS



STEPS FOR STEPS APRIL FUNDRAISER

Our Steps for STEPS charity initiative is in full swing this April, and we're stepping up in a big way! Throughout the month, our Resolve Fitness community is clocking thousands of steps each day to help raise funds and awareness for STEPS Pathways College, supporting young adults with disabilities to live brighter, more independent futures. Whether you're walking, running, or simply moving more throughout your day, every step counts toward our collective goal. Jump on our dedicated "party" treadmill, join the REP Team, or support the cause by donating — together, we're making every step matter!



LEST WE FORGET

This ANZAC Day, we pause to honour the courage, sacrifice, and unwavering spirit of the men and women who have served — and continue to serve — our country. It's a time to reflect, to be grateful, and to acknowledge the freedoms and opportunities we enjoy because of their dedication.

As we move through our daily routines, including our training and wellbeing journeys, may we carry with us the values ANZAC Day represents: strength, resilience, mateship, and perseverance. Lest we forget.