

# BEE SUMMER READY!



## New Summer Group Fitness Classes

You asked for them and we have delivered...

### 60 minute Hot Vinyasa

A 60 minute class heated to 26-28 degrees, ignite your inner fire with dynamic, flowing sequences that enhance strength, flexibility and balance.

### Flexifit

Low impact/Low intensity class. Did you go out hot on Monday and now you can't walk up the office stairs? Looking to improve your range of motion in the gym. Come and work on your mobility the thing we all avoid! Using a range of equipment, bands, rollers and sticks and balls you'll definitely be ready to tackle the week.

### Barre

Barre is a toning, body weight lifting workout. It engages muscles you wouldn't normally target - ones deep inside your body that squats, lunges and sit-ups don't reach. With high-reps and low impact movements, barre challenges anyone looking to fine tune their muscles - no ballet experience required!

**CLASSES STARTING  
1ST NOVEMBER 2023!**



## STAFF NEWS

October has bought us internal movement with our highly motivated Lucy (from reception) moving into a Trainer role to compliment her Sport Science studies. Book in an assessment or class with Lucy and discover her passion for health and well-being for all.

In response to our internal progressions we have welcomed several new reception staff in anticipation of the sizzling Summer season. You will also be greeted on entry by Mya, Reese, Cheyenne and Maria.

We have greatly appreciated your patience while they have been learning the ropes in order to provide quality member services.

Moving on to the swim school, due to enrolment demand and waiting lists, Fastlane has bought on deck more swim instructors to keep up with the demand of enrolments over the Summer. Reese, Mya, Cooper and Freya all share a passion for water safety, confidence building, technique development and of course, FUN!

Check the About Us Page on [www.fastlane.kiwi](http://www.fastlane.kiwi)

## Upcoming Events!

### BEE SUMMER READY

WITH OUR SPRING INTO SUMMER BOOTCAMP  
- BOOKINGS ESSENTIAL ONLINE OR AT RECEPTION



### HOT YOGA

SHARE THE HOT YOGA LOVE THIS  
NOVEMBER AND BRING A FRIEND FOR FREE  
AND/OR SIGN UP FOR THE NOVEMBER HOT  
YOGA CHALLENGE

# FEEDZONE

## CHRISTMAS CATERING

### Rolls/Fresh Bread - \$3pp

A selection of small breads and rolls with butter and

### Meat/Protein - \$15pp (2 x Options)

Pulled Maple Brisket

Teriyaki Salmon

Honey Glazed Ham

Chicken Cold Cuts

### Christmas Salads - \$12pp (2 x Options)/\$15 (3 x Options)

Chickpea Kumara w/ Curry Mayo Dressing

Kale, Walnut, Cranberry Parmesan Salad w/Apple Cider Dressing

Kale Apple Salad w/ Tahini Dressing

Caesar Salad w/Caesar Dressing

Broccoli Almond Salad w/Lemon Poppy Seed

Grated Carrot + Beetroot Slaw Salad w/Pomegranate Dressing

Seasonal Roast Vege Medley w/Raspberry Vinaigrette

Rocket Strawberry Salad w/Balsamic Dressing

Creamy Dill Potato Salad w/Creme Fraiche Avocado Dressing

### Dessert/Sweets - \$7.5pp

Slice + Berry Selection

w/whipped Coconut Cream

**Other Catering Options Available**

**Contact: [feedzonefastlane.kiwi](mailto:feedzonefastlane.kiwi)**



## SWIM NEWS!



# Good vibes



If you have ever trained at the gym on Monday or Wednesday evenings you may have seen them down the back by the squat racks - a bunch of strong women and a couple of old fellas trying to keep up, training on the barbells. They are the Mike Calver coached olympic weightlifting club who base themselves in Fastlane.

Olympic Weightlifting is a sport where competitors have three attempts to successfully lift as heavy as they can in each of two technical lifts, the snatch and the clean & jerk.

Recently some of the group competed in the masters divisions of the National Weightlifting Championship which was held at Claudelands.

Good results were had by all with; Vickie lifting a personal best 113kg and placing second in her first national competition, Tania as consistent as ever with 109kg, Charles with 165kg which included a clean & jerk personal best of 95kg, and Andrew managed 176kg which equalled his competition best.

Well done Mike and team!

Cooling down in a refreshing pool in Summer is a great way to reset the mind and body for the rest of the day. If you would like to achieve more productivity and focus during the day, try swimming before work or even a quick dip on your lunchbreak. Grab a healthy snack afterwards from Feedzone and .... your back in the game!

Remember, we also have equipment you can borrow/purchase to get you moving faster or support injury recovery.

### Fastlane Reminders:

- Please check in at reception or with your access tag for Health & Safety purposes, competition entries (500th visitor of the day prize) an parking validation.
- We have 4 car parks available for lease, enquiries to [admin@fastlane.kiwi](mailto:admin@fastlane.kiwi). Note: Please refrain from parking in the reserved parking spaces in the below parking lot.

