



FASTLANE
FITNESS

Achieve Your Goals

Volume 2, Issue 4

April 2015

FitCamp

We are finally getting our first FitCamp of the year up and running starting on Monday 13th April.

We have THREE exciting options to choose from:

- ✚ FitCamp
- 5.30am OR 6.15pm
- ✚ Corporate FitCamp
- 11am OR 1pm
- ✚ Ankorr FitCamp....coming soon!
- ✚ Crank Fitcamp....coming soon!

All three will run Mondays, Wednesdays and Fridays.
For more information on times, pricing and what's involved please see reception ☺

Feed Zone

Due to the high quality of produce we acquire, our salad prices will have a slight increase after Easter.

Don't let that dampen your mood though because one of the benefits of being a Fastlane Fitness member is you will get to retain the original price!

Not a member yet? Then pop over to reception while you're waiting for your coffee to find out about our great memberships!

The café will be closed over the Easter long weekend, but smoothies and protein shakes will still be available.

Have a happy and safe Easter everyone!

Easter Holidays



It's that time of year again – Easter Eggs, Hot Cross Buns and Public Holidays!!! We are open ALL through the long weekend so no excuse not to keep up your routine ☺

Good Friday 3rd April: 7am – 7pm

Saturday 4th April: 7am – 7pm

Easter Sunday 5th April: 7am – 7pm

Easter Monday 6th April: 7am – 7pm

Milestones

*Congratulations to the following members
for reaching their milestones last month!!*

50th Workout

Chelsea Parkinson	Peter Jefferies	Innes Fisher	Mikey Stobbs	Linus Pereira
Leon Bain	Hare George	Steven Hamer	Gary Whibley	Jacob Plasmeyer
Mark Enderwick	Michelle Bayley	Tapu Heta	Alice Thame	Julia Rowland
Te Iwa Fisher	Robert Gera	Glen Horsman	Alan Neben	Amelin Yongo
Ella Mayesk	Anthony Broatch	Kerry Hughes	Ella Maseyk	Pravin Singh
Michelle Weeks	Robert Biddles	Bluey Inia	Julie Netzler	Emerson DeSouza
Katrina Tooley	Dianne Brophy	Andrew Martin	Raumae Ngatuakana	Sean Hollinger

100th Workout

Andrew Maseyk

March's Biggest User

Well done to last month's top 16 users!

Jacob Plasmeyer	30	Rob Ford	21
Michelle Weeks	27	Jamie Dowd	20
Emerson DeSouza	24	Karle Jones	20
Oho Moke	24	Bryan Dockery	20
Hare George	23	Shane Doyle	20
Te Iwa Fisher	22	Innes Fisher	19
Glen Horsman	22	Andrew Maseyk	19
Jude Pani	21	Leon Bain	19
Gary Whibley	21	Joshua Olsen	18

Gluten Free Hot Cross Buns

Serves: 12 Time: 1hr 15min (30min cooking time)

3 tsp dried yeast	½ tsp salt
1 ¾ cup warm milk	2 tsp ground mixed spice
2 tbsp castor sugar	60g butter
3 ¼ cups (plus 2 tbsp extra) bread mix	2 cups sultanas
2 tsp ground cinnamon	2 eggs
1 tsp sugar	2 tbsp apricot jam, warmed to glaze

Place yeast, milk and sugar in a small mixing bowl. Whisk to dissolve sugar. Rest for 10 minutes.

Sift together first measure of bread mix, spices and salt into the large bowl of an electric mixer with dough hooks. Using fingertips, rub through butter.

Add sultanas, eggs and yeast mixture. Beat for 7 minutes.

Using a 1/3 measuring cup, scoop mixture into generous mounds on a greased 30x20cm sponge-roll tray, making 3 rows of 4 mounds each. Allow space for dough to rise.

Rest the dough in a warm place for 45 minutes until almost doubled. Preheat oven to 200°C/180°C fan-forced.

Mix extra 2 tablespoons bread mix, 1 teaspoon sugar and 1 tablespoon water to a paste and pipe crosses on buns.

Bake for 25-30 minutes until cooked through and browned. Brush on jam while still warm.

