



FASTLANE
FITNESS

Achieve Your Goals

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Competitions!

Currently we have TWO competitions running.

The first one is for all our class goers, which runs *weekly*. For every class you attend, you go in the draw to win a protein shake from Feed Zone.

The second competition, which runs *fortnightly*, is a great incentive to get all members to the gym – for every time you attend the gym (for an actual workout, not a cheeky sign in!) you go in the draw to win a \$200 voucher from Shoe Clinic!!

Both competitions will continue running until further notice so make sure you put your name down for each class you participate in and swipe OR check in at reception so we know to sign you in!

Happy Training ☺

Pool Update

Our pool should hopefully be up and running by July. It's definitely coming along, as you can see below. If you would like a better look, the conference room has a great view of it.

As soon as more details on an opening day and classes etc come up, we will let everyone know ☺



Ankorr Training



I'm sure some of you have seen Liam and George taking members and other trainers through their paces with Ankorr, a new and great way of increasing your fitness levels.

If you are needing a challenge, wanting variety or just want to see what the fuss of wearing a harness is all about, then talk to George or Liam.

Milestones

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

50th Workout

Chelsea Parkinson

Leon Bain

Mark Enderwick

Te Iwa Fisher

Ella Mayesk

Michelle Weeks

February's Biggest User

Well done to last month's top 16 users!

Andrew M.	26	Steven H.	20
Jacob P.	24	Mark E.	19
Ella M.	23	Bluey I.	19
Michelle W.	22	Peter J.	19
Te Iwa F.	22	Emerson D.	19
Liam J.	21	Sean H.	18
Catherine W.	21	Corey J.	18
Robert B.	20	David Mc.	18

Chocolate, Raspberry and Toblerone Brownies

Serves: 24 Time: 30 minutes

- ✦ 3 eggs, separated
- ✦ 1 cup castor sugar
- ✦ ¾ cup low-fat vanilla yoghurt
- ✦ 1 ½ tbsp. vegetable oil
- ✦ 1 ¼ cup self-raising flour
- ✦ ¾ cup cocoa powder
- ✦ ½ cup frozen raspberries
- ✦ 50g Toblerone, each triangle piece halved



Preheat oven to 180°C. Grease and line a 30x20cm lamington tin with baking paper.

Combine egg yolks, sugar, yoghurt and oil in a large bowl. Sift flour and cocoa into mix.

In a small separate bowl, beat egg whites until soft peaks form. Fold into cocoa mixture. Spread mixture into tin. Scatter with raspberries and Toblerone pieces.

Bake for 20 minutes, or until an inserted skewer comes out clean. Cool completely in tin before slicing into 24 pieces.

Nutritional Value per Serve

Calories	105
Protein	3g
Fat	3g
- Saturated	1g
Carbohydrates	15g
- Sugars	12g