



Achieve your goals

Update Newsletter (non-member) – Issue 2

Building Progress

9 weeks to go! There have been no changes to the opening date at this stage. We hope to open before the 27th of November. Phase 2 is still on track for March 2015.

The roof is now on and complete and over the next few weeks windows will be installed.

Gym

Our website will be live in the next few weeks, keep checking to see more details about what is to come. www.fastlane.kiwi



- Buddy training - \$15 session for 45 minutes, using your own program one of the coaches will train with you to give you a little more motivation.
- Personal Training - \$50 session for 1 hour, one of our coaches will personally design a program and take you through it to kick start your goals!

Find out more about us on the website soon.

Membership Rates

The rate for October starts at \$17 per week, all minimum terms are 6 months, and you have the option of continuing this rate indefinitely. Once phase 2 is complete your membership will also include discounted café & other products. BUT ONLY IF YOU JOIN BEFORE WE OPEN IN NOVEMBER! Concession cards and Casual rates are available.

Swim

We have a 25x25m pool – with an average depth of 1.2m perfect for training. We will also offer 'learn to swim' classes for all ages. Babies and toddlers will use our smaller counter swim pool which can be heated to a higher temperature if desired. This will also be available for hydrotherapy, and video coaching. Our swimming area will have a wet training area with weights and pull up bars for cross training. We will also offer some water based fitness classes.

Fuel

The  feed zone (our café) will have healthy snacks, cooked breakfasts, lunches and healthy takeaway food. So you can come in, workout, and either eat in our members lounge upstairs or take it back to the office for later. Cabinet food will be available in November, when we open, cooked breakfasts and lunches will be available in January. We will be supplying Mojo coffee, and other beverages. Protein shakes, bars and powder will still be available.

OFFER join online, complete your membership forms and defer your membership start date to the opening date, or your own date, whichever comes first. This means you get to secure the rate (\$17 for October) now before it goes up plus no joining fee!