

FASTLANE NEWS

May/June 2022

It's fair to say the heavens have finally opened & we can now properly accept the season has changed...Now is great time to adjust your wellness strategies to counter the shorter daylight hours, winter bugs & the long stretch between holidays of Matariki weekend in June & Labour day in October!

With lots of motivating fitness options, cosy new Fastlane hoodies & the return of Saturday morning warm scones & coffees from the FeedZone - we can help make winter better!

THE RETURN OF \$2 CLASSES!

THIS JUNE WE ARE OPENING OUR DOORS TO ALL WITH \$2 CLASSES SO GET YA FRIENDS & FAMILY ALONG TO TRY SOMETHING NEW IN THE FASTLANE!



Hello's & Goodbye's

You may have seen a few fresh faces around the place...

We recently welcomed Bree, Rachel (also our swim school head coach) & Kyla to our front of house reception/admin team.

Our trainer team has welcomed Kelly as our new head trainer with Dave, Charlie & Scarlett joining our group fitness crew.

The swim school has quite a new look with the addition of Connie, Joel, Jeremy, Tayla & Lola. We recently farewelled Abby, Liza, Katie & Sam - long time Fastlane family member, leaving swim teaching for a new career direction in administration.

Finally, after 5 years I too am stepping down from my role here at Fastlane to chase the life long farming dream. It has been a blessing to be a part of such a unique health & wellness community & I will certainly miss the team & members I have come to know as family. Signing off...

Sarah

General Manager, Soon-To-Be Sheep Farmer



Who the heck is Tom Carroll?

By Tim Dale

Back in the mid 1980's a stocky, little bloke from Sydney's Northern beaches blew every surfer out of the water, and won the world title. He was the first surfer to sign a million dollar contract, (bear in mind that the average house cost about \$150,000 back then) and had several of his competitors accuse him of taking performance enhancing drugs. Although, tactically he was one of the worst surfers, (he once exceeded the maximum wave count in a heat and was disqualified) his fitness and absence of fear in big waves reset what was considered possible on the world tour. Despite several injuries he won the world title in 1983. In 1984, he repeated his victory in a more convincing manner.



In an interview, he revealed that after a brief rest at the end of the tour in 1983, he wanted to try something else to gain an edge for the upcoming season.....so he enrolled in ballet classes. That's right BALLETT. The outcome is history, and he said he'd never felt better, even going as far to say that, it was good for him mentally, to be the "worst in the class at something."

In 2012, at the age of 50, he was filmed for a series called Storm Surfers, where he and another ex pro surfer, (Ross Clarke Jones) travel the world together to tackle the biggest, scariest waves.

What's my point.....it's simple.

As the winter blues & sweatpants come out, instead of doing what you have always done & getting what you have always got....**why not change it up?** If strength has been your focus, why not try yoga (or ballet) for 8 weeks. If you're an endurance athlete, why not try some high rep weight training, and so on.

Lastly, isn't it sad that sweat pants ended up being used for the opposite of what they were designed for?



Timmo



FeedZone reopening Saturday mornings!

8am - 12pm from 28th May



FASTLANE HOODIES!

The perfect winter warmer. Ideal for all winter sporting and couch snuggling situations. High quality Kukri hoodie, made to last. We are taking orders now so treat yourself to some sweet Fastlane merch & email admin@fastlane.kiwi with your name & size (male & female sizing). Orders must be in by the end of the month - so don't miss out!

