

FASTLANE SUMMER NEWSLETTER



FASTLANE FITNESS COMMUNITY SUPPORT!

In 2023 Fastlane Fitness wants to support a New Zealand organisation. We will be hosting different events and promotions where we will raise money for this organisation. Therefore, we wanted your say!

Voting closed last week and the final results are in. Chosen by our Fastlane community, we would like to announce that we will be supporting Westpac Helicopter in 2023!



WELCOME 2023!

Wow! We have really hit the ground running in 2023! It has been a fantastic start to the year for our members and Fastlane team. Although it has not really seemed to have been Summer with all the wild wet weather we have been having! Don't let the bad weather bring you down, keep committing to your wellness, keep that body moving and keep working hard towards those goals!

Keep your eyes open, we have many exciting events coming up shortly that we cannot wait to get you all involved with.



TIM'S BLOG - KEEP THINGS SIMPLE

Try and keep things simple this year.

I used to sell chainsaws, line trimmers, and lawnmowers. With over 30 models of chainsaws, and 85 stock chains, this excludes custom made chains, it often got so complicated, you'd end up losing a sale. I never knew cutting a log or mowing your lawn could be so complex. Which got me thinking....why do we seem to over-complicate things? I'd suggest it's for two reasons. We have too many choices, and too many distractions. If this is the time of year that you're feeling refreshed, motivated and ready to attain a goal, my advice is this: try not to overcomplicate and overthink things. I've been stuck at home for the past six weeks on daddy duty. Apart from running the dog my goal has been to achieve a planche, full supine bridge, and handstand. It's been quite a challenge, particularly whilst nursing some long-term injuries. I'm happy to say, I'm getting close, and have learnt some new progressions, (which I might incorporate into my classes).

What's my point? Try not to overthink your goals. Do you really need a smartwatch that calculates your stride length, or could you achieve the same by simply mapping out a one-mile circuit from your home, taking a stopwatch, and seeing how long it takes you to complete? If you need some help cutting through all the clutter, why not check in with one of the knowledgeable qualified Fastlane trainers.

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STAFF NEWS

We have said goodbye to Ellie, Joel, and Tayla from the swim school team as they head off on new adventures. We also said farewell to Vikram from the kitchen as he begins managing his own bistro in Cambridge! Sadly we have had to also say goodbye to Bree and Siobhan from the reception team.

A big welcome back to Katie into the Fastlane Gym team. Many of you will remember Katie from last year and she's back as a trainer! We also welcome Loey and Nina to the kitchen team, welcomed Ella and Stella to the reception team and Oliver to the swim team!

It has been a huge year for many of our staff as a lot of them head off to uni to further their studies.

Head over to our website to learn more about our awesome staff - www.fastlane.kiwi

SWIMMING LESSONS

A friendly reminder that all weekly lessons have begun for 2023. We look forward to seeing everyone poolside again!

If you need to change your current lesson time, please log onto your customer portal via our website!

If you are interested in getting swimming lessons for your child or yourself, send us an email at swim@fastlane.kiwi

REFERRAL PROGRAM

We value our loyal members and want to show our appreciation - so for every friend you sign up - to any fastlane membership or concession we will give you a \$10 fastlane credit. Make sure to check your email inboxes soon!

FEEDZONE CAFE

With 2023 in full swing, Feedzone cafe have some delicious and nutritious new salads in the cabinet, so make sure to pop in and try them for yourself!

Feedzone are also updating their menu which will shortly be in place. Keep an eye out for this. There are some exciting low carb items, new breakfast items as well as a full refresh!

CORPORATE MEMBERSHIP DEAL!

Get 5 or more of your workmates to join Fastlane & enjoy cheaper rates and other great benefits!

Email : sales@fastlane.kiwi for more information.

FRIENDS OF FASTLANE

Fastlane are on the lookout for some partnering business. We'll advertise for you on our website, around our facility, in our joining packs as well on our social media pages. You will also receive a discounted membership for partnering with us!

If this sounds like you, get in touch by emailing admin@fastlane.kiwi.

