



Newsletter

*Ballarat Body & Soul 24/7 Health and Fitness Studio.
Established 2003. Making #movement in 2017.*

»»» April competition: Rewards! Rewards!

We have one six-month membership to give away! To go into the draw, all you need to do is take a selfie or video clip of yourself, or you and a friend working out at the club while wearing a Body&Soul top! Share your pics on Instagram, tag the club using the hashtags **#bodysoulgym #ballaratfitness**, and the lucky winner will be announced on 1st May!

»»» Did you know...?

- We run Mums & Bubs classes Mondays and Wednesdays at 10.30am. These classes are free for members and \$5 for casual use.
- When the staff are here, you can bring your little ones in, pop them in the kids' area, and do a virtual class.
- You can book for a new gym program at any time? See reception to make your booking.
- Virtual classes are open to all members in the group fitness room. If you need to be shown how to use the screen, just ask! Note: cycle virtual classes are pre-scheduled every month.
- You can make your April even more beautiful, with an appointment at Deliciously Good Beauty, located right here onsite at the club!

»»» Do you like to workout after hours?

A reminder that we have Duress Buttons located on three walls within the club. We also have lanyards that can be worn around your neck, should you need some added security. When you enter, these are located at the far end of reception.

»»» Friendly reminders...

- We ask you kindly, to please put away after use, all weights and benches on the gym floor and in our functional training area.
- Please bring a towel and water bottle to all workouts. If you forget please use the disinfectant wipes that are located on the walls within the club.

»»» Upcoming changes to our opening hours

- 14th April (Good Friday): The club is closed. You will need a fob to enter. All 24/7 virtual classes are running.
- 15th April (Easter Saturday): Staff on deck 8am to 11am.
- 16th April (Easter Sunday): The club is closed. You will need a fob to enter. All 24/7 virtual classes are running.
- 17th April (Easter Monday): Staff on deck 8am to 11am.
- Tuesday 25th April (Anzac Day): The club is closed. You will need a fob to enter. All 24/7 virtual classes are running.
- Sunday 14th May (Mother's Day): The club is closed. All 24/7 virtual classes are running.



»»» ZUU: Coming soon!



»»» Grab some boxing gloves for just \$20!



»»» Do you have one of these key tags from 2003?

