

BURGH
Your Local Healthy Hub



MAY NEWS

**SPECIAL
MAY
OFFER**

1/2 PRICE JOINING FEES IN MAY!

Join with a family member or friend
and you'll both receive a **\$50 club credit**

'PROJECT HUSTLE' IS HERE!

Project Hustle – our next 9-week challenge – kicks off at Burgh in late April.



SCAN TO LEARN MORE

Following the astounding success of the first Project Hustle Challenge, coordinator and trainer Gemma Massey, says the newest challenge will help people push themselves to reach their health goals. The first 9-week program saw Gemma guide challengers through personalised fitness plans, with participants ranging from first-time gym members to long-term regular gym-goers.

"Everyone was really supportive of one another. It wasn't like a chain gym challenge where you typically go in alone.

"Every session, everyone was checking in with each other to see how they're all going and how they could support each other. Our next Project Hustle challenge, will continue to keep community spirit at its core," Gemma said.

Kicking off on 26 April, Project Hustle is a 9-week challenge with an emphasis on personalisation and strength training. There will be additional options for further education and guidance on improving nutrition to benefit training goals. T&Cs apply.

MUMMY AND ME WORKOUTS WITH PT GEMMA!

This May, members can bring their children to their one on one PT sessions with Gemma for FREE!

\$65 for a 45min session. First five people to book for mum and child receive a \$5 discount. Get in quick!

Gemma will be offering small group sessions for Mums and Children! and kids train for free. T&Cs apply.

**DID YOU KNOW? BURGH IS THE ONLY
24/7 GYM IN HELENSBURGH!**



To book, please enquire online, ask at the front desk or call 4294 1282.

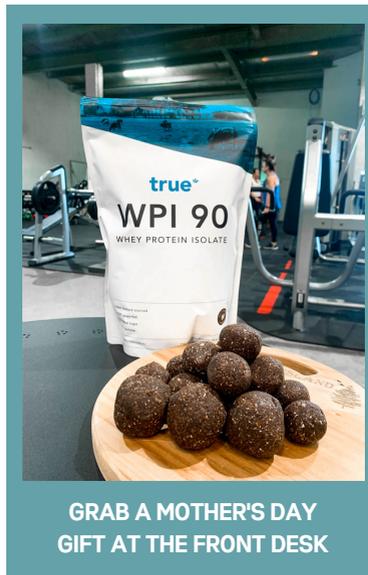
Happy Mother's Day

We should always celebrate the mother figures in our lives and Mother's Day particularly recognises their central role and all they do for us.

What do mums really want for Mother's Day? How about uninterrupted gym time?

To honour and celebrate them, between 1 - 8 May, **Burgh members can bring their mum or daughter to the gym for free.** It's a great way to experience the gym together and share some quality time. Members can also receive **\$10 off a bundled creche pass.** That's 10 creche sessions for only \$35! The perfect gift for the mother in your life (or a great gift to treat yourself to some healthy you time). T&Cs apply.

We have gift vouchers, boxing gloves, resistance bands, pre workout powders, protein, drink bottles and workout shakers available as gifts!



"you taught me to stand before I could squat"



BURGH BINGO

In April we held the very first 'Burgh Bingo.' Each week our members ran, rowed, jumped, biked and squatted their way to win \$200.

Members were challenged to 10 fitness activities per week to encourage them to step outside their comfort zone and try something new. Once all activity boxes were ticked, members went in the draw to win a cash prize.

Burgh team member, Chelsea, said "It was great to see members get so excited about Burgh Bingo with many increasing their visits and work-outs so they could tick off the activities each week. By week two a lot more members had joined the game. Our team will get the ball rolling on future challenges soon."

Congratulations to all the winners!

FITNESS FOR MUMS

Do you live in Helensburgh? Did you give birth recently and are looking to get back to fitness training?

The 4-week Fitness for Mums group class has:

- Safe guided workouts
- 45 minutes every week for four weeks
- Post-workout coffee catch-up at Lime Leaf Café
- Creche available

The workout will be a mix of strength and cardio, concentrating on core work, to suit whatever level of strength you have.

There's still time to join! – Enquire at the front desk or call 4294 1282. T&Cs apply.



Meet Chelsea

You may or may not have seen our team member Chelsea! at Burgh! She's the smiling face at the front desk, who is always ready to help and support our members. Chelsea joined Burgh in 2021 and has enjoyed Helensburgh's supportive community spirit since working at Burgh, she has also developed a new love for fitness.

"I am a stronger person since working at Burgh. It's such a healthy and motivating environment."

Make sure to say hi to Chelsea next time you visit Burgh!



Come and visit us in club!

Burgh Healthy Hub

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