



The Tin Shed Times

Bi-yearly newsletter of recre8u Personal Training. Issue 1, Term 1, 2026

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SAVE THE DATE

recre8u New Year celebration



Join me for afternoon tea
and fun & games!

Sunday 18th January

2-4pm

Gavan Hall, High Street, Broadford

RSVP before 15th January 0481 578 516

Happy New Year!

I hope everyone had an enjoyable Festive Season and are now rested and ready to take on 2026.



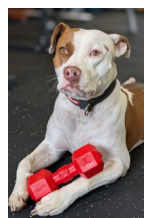
The first 6 months of *recre8u* was busy and enjoyable, but the next 6 is looking to be even better! The group class timetable is expanding, new classes are in the works, there's events to train for and events just for fun. And more of my themed workouts.



It's been great to meet so many new people, but also to continue to support the lives of those I already knew.

I'm so proud of everyone's progress! I've seen so much consistency, growth and achievements, you should all be very proud of yourselves.

It's such a thrill to see everyone out and about in their "merch"!



Thanks again for your support in 2025 and very much looking forward to training with you this year!

🐾 Mel

NEWS

A Loyalty Card has been introduced to reward those who are unable to purchase a PT or Season Pack up front. For every 9 casual PT or class attendances you get the 10th one free!





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Group Fitness Updates

Class Bookings

Due to a number of issues that occurred with the class booking system last term, I have generated a new one. Therefore, there is now a new Link to book into group fitness classes. If you cannot use this one, I can email or text message the link.

<https://outlook.office.com/book/Gbedc7f9b84784cc096aaeb-f4a9e8b03b@NETORGFT18904205.onmicrosoft.com/?ismsaljsauthenabled>



Timetable changes

The Term 1 timetable has a couple of class additions to last year. There's a new Core Craft class on Tuesday mornings at 10:15am, in addition to Wednesday evenings at 7pm. Hopefully Core Craft will officially be mat-based Pilates soon! A Saturday morning Step HIIT class is another new addition at 8:30am.

I would love to add an aerobic step class and/or Barbell strength class (similar to BodyPump) in Term 2 and an early (6:15am) HIIT class. If there is a day, time or class type you can commit to, please let me know.

Group Fitness Timetable, Term 1 2026

Time		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
am	6:30			Power Up (30 min)			
	8:30						Step HIIT
	9:00	Broadford Active Agers		Broadford Active Agers			
	9:15		Body Breakthrough			Power Up (45min)	
	10:30	Kingsgate Active Agers	Core Craft	Step into Shape	Strength Surge		
pm	6:00			Boost Boxing	Triple T		
	7:00			Core Craft			
Key:		Proposed class					



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Key Dates Terms 1 & 2

Mon 5th Jan	Normal hours & schedule resume
Sun 18th Jan	Recre8u New Year Celebration get together
Mon 26th Jan	AUSTRALIA DAY HOLIDAY (no classes)
Mon 9th-14th Feb	Valentine's Theme week
Mon 9th Mar	LABOUR DAY (no classes or PT sessions)
Mon 16th-21st Mar	St Patrick's Theme week
Sun 28th Mar	River Walk, Seymour (weather dependent)
Mon 30th-2nd Apr	Easter Theme week
Fri 3rd-Sun 12th Apr	CLOSED for 1 week EASTER BREAK
Mon 27th Apr	ANZAC DAY HOLIDAY (no classes)
Sun 10th May	Mother's Day Classic
Mon 8th Jun	KINGS BIRTHDAY HOLIDAY (no classes)

Bring a Friend Promotion

If you bring a friend to a Studio-based group fitness class and they commit to a Season Pack, you receive your choice of either:

BlueAnt Pump AirX ear buds
or
2 x 45min PT sessions



Merchandise

Tees, polos and hoodies now available in more colours for summer, including white and grey. Click [here](#) to see the range, including caps and beanies.

If you'd like to see a paper copy, please see Mel after class.

2026 Mother's Day Classic

For our third year, Mel's Misfits will be participating in the Mother's Day Classic in Seymour. The Mother's Day Classic is an annual fun run and walk raising funds and awareness for breast & ovarian cancer research.



This year the MDC is held on Sunday 10th May and we will be walking or running along the Goulburn River in Seymour. It is a lovely morning, full of fun and fellowship. Regardless of your fitness level, it is a wonderful event to attend and supports a very important cause.

Registrations open in February, but if you are considering jogging at least some of the course, I would suggest you discuss a training schedule with me ASAP. It makes a great goal to start the year!

Chocolate mousse

Serves 4

In a food processor blend:

- Flesh of 2 ripe bananas
- Flesh of 2 ripe avocados
- 8 tbs maple syrup
- 4 tbs coconut cream
- 4 tbs cacao powder
- 1 tsp vanilla essence



Show of Support and Feedback

I am always receptive to feedback regarding my services. Please feel free to call, message or email me with any compliments, complaints or concerns.

If you would like to write a short (~100 word) testimonial about the impact of my class or training session on your health, I would really love to add a couple more client testimonials to my website.

Additionally, Google has a client review section that encourages future clients to find out more about *recre8u*.

You can access it when you Google search "recre8u" and click on "reviews". You can also use this link to access, <https://g.page/r/CSO1QgMvc965EBM/review> or by scanning this QR code.



TRIVIA

Every one of your muscle fibers is thinner than a human hair strand, yet can hold up to 1,000 times its own weight.