



The Tin Shed Times

Bi-yearly newsletter of recre8u Personal Training. Issue 2, Term 3 2026

Happy Mid Year!

Where has this year gone?! I've been so proud to see six months of consistent training, in group classes, personal training sessions or a combination of both. And then there's been the social activities; lunches, an afternoon tea, dinners, hikes and the Mother's Day Classic. It's lovely to have such a supportive crew!

The group class numbers are increasing, the timetable is continually evolving, there are events to train for and events just for fun. There'll be more of my themed workouts and even some Challenges. Please "Bring a Buddy" for free during July, and be rewarded for referring friends for PT sessions.

I'd love to see you all at recre8u's 1st birthday party, a celebration of a successful and exciting 12 months.

& Mel



Merchandise

Recre8u hoodies, zip fleece tops, short and long-sleeved tees and polos are now available and in more colours! Printing is by Gnarly Print Co, a social enterprise of Gnarly Neighbours-Seymour. Every print helps fund programs for youth in Seymour and surrounds.

Caps and beanies with an embroidered logo are also available thanks to The Logo Lady in Wallan.



The Tin Shed Times

Group Fitness Updates

Class Bookings

To secure your spot in a class, please use the following link to book:

[Class Booking Link](#)

Bookings ensure that your class goes ahead and, in the case of Broadford Active Agers, determines where it is held.

Bookings are required a minimum 12 hours in advance for Active Agers classes and 3 hours in advance for Studio-based classes.



If you are unsure whether your booking has been recorded or you now cannot attend the class, please let Mel know by text message. Cancellations made less than 12 hours (Active Agers) or 3 hours (Studio) before the class time will result in a forfeit of payment.

Timetable change

The timetable has undergone a couple of changes for Term 3. Please note the start time change for Monday's Pump class, Tuesday's Core class and Thursday's Strength class. Boxing has moved to Friday morning to work out the week's frustrations!

Term 3 timetable (effective 13/7/26)

Time		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
am	6:30			Power Up (35 min)			
	9:00	Broadford Active Agers		Broadford Active Agers	Mighty Movers		Power Up (35 min)
	9:15		Body Breakthrough			Boxing	
	10:15		Core Craft		Strength Surge	Mighty Movers	
	10:30	Kingsgate Active Agers					
pm	7:00	Pump it up			Step into Shape		
	8:00			Core Craft			

KEY: Proposed class



The Tin Shed Times

Key Dates Terms 3 & 4

Sat 11th Jul	recre8u 1st birthday party
Mon 13th Jul	Term 3 Timetable commences
August	Heart Foundation 7000 steps a day Challenge
Sun 20th Sep	Pub to Pub Run/Walk
Fri 25th Sep	AFL GRAND FINAL EVE PUBLIC HOL (no classes)
Oct—dates TBC	Victorian Seniors Festival Pop Up seniors classes
Mon 26th-31st Oct	Halloween Theme week
Tue 3rd Nov	MELBOURNE CUP DAY (no classes or PT sessions)
Nov—date TBC	Mt Piper Hike
Mon 14th –18th Dec	Christmas Theme week
Sun 20th Dec– Sun 3rd Jan	Christmas break
Mon 4th Jan 2027	Reopen for 2027

Bring a Buddy Birthday Promotion

For the month of July, you can

bring a friend to class for free, twice!

Offer applies to Active Agers and Studio classes.
Bookings are essential and a completed health form
is required before participation.

TRIVIA

After age 30, being physically inactive is costly; you can lose up to 3–5% of your muscle mass each decade. This loss leads to functional disability, falls and poor quality of life. Resistance exercise or working out with weights 2–3 times per week can help prevent this loss.



The Tin Shed Times



2026 Mother's Day Classic

For a third year, Mel's Misfits participated 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.

Our team of 23 completed the walk (or run— go Sandy!!) and raised \$1550! And afterwards recovered at The Winery Kitchen, topping off a lovely day.

Please keep Sunday May 9th 2027 free to join us again.



A big shout out to Bec who created a promotional display for my business!

Refer a Friend Reward

Refer a friend who signs up to a Personal Training Pack and you receive your choice of:

BlueAnt Pump AirX ear buds
or

2 x 45min PT sessions



SAVE THE DATE



This September (20/9) we are going to enter a team to complete the **Pub to Pub**. It's an annual community fun run that invites participants to walk, jog, or run along the car-free Federation Trail between Romsey and Lancefield.

The event offers three distances: a 1.5km "Junior Bolt" for children, a point-to-point 7.5km course from Romsey to Lancefield, and a challenging 15km "Pub to Pub to Pub" out-and-back route. The day focuses less on competitive times and more on personal goals, concluding with a lively finish-line celebration featuring live entertainment, a traditional barbecue, and a complimentary drink at the Lancefield Hotel.

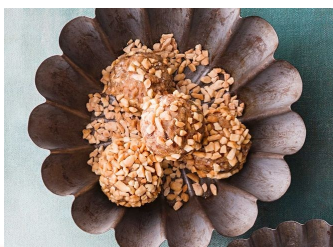
Peanut butter & honey balls

Makes 20. Store in fridge up to 1 week.

In a food processor, process until thick:

- 12 medjool dates, pitted
- 1tbs honey
- 1tsp ground cinnamon
- ½ cup crunchy peanut butter
- ½ cup cashew meal
- ¼ cup shredded coconut
- ¼ cup sultanas
- 2tbsp white chia seeds

Roll tablespoons of mixture into balls. Place ½ cup crushed peanuts in a bowl and roll balls in peanuts to coat. Refrigerate about 20 minutes.



Show of Support

I'd appreciate if you could add some reviews (5 star, of course!).

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".

To leave your

review, scan the QR code or use this link to access, <https://g.page/>



WHY DO STRENGTH TRAINING?

Strength training provides substantial physical and mental health benefits that extend far beyond building muscle mass. Consistently challenging your muscles with resistance alters body composition, optimizes metabolic function, protects your skeletal structure, and elevates cognitive health.

Metabolic & Weight Management Benefits

- **Elevates metabolic rate:** Building muscle increases lean mass, which burns more calories at rest than fat tissue.
- **Optimizes blood sugar:** Lifting improves insulin sensitivity, making it easier for the body to manage glucose levels.
- **Supports fat loss:** Combining resistance training with calorie management preserves muscle while burning fat.

Musculoskeletal & Structural Protection

- **Increases bone density:** The physical stress placed on bones triggers bone-forming cells, protecting against osteoporosis.
- **Lowers injury risk:** Strengthening muscles, tendons, and ligaments stabilizes joints and corrects muscular imbalances.
- **Relieves joint pain:** Building supportive muscle tissue reduces the structural strain caused by conditions like arthritis.

Functional & Longevity Advantages

- **Preserves independent living:** Regular training slows down age-related muscle loss, ensuring you can carry groceries and climb stairs.
- **Improves balance:** Enhancing core and lower body stability significantly reduces the risk of dangerous falls.
- **Boosts cardiovascular health:** Strength workouts decrease resting blood pressure and improve overall cholesterol profiles.

Cognitive & Mental Wellness

- **Reduces anxiety & depression:** Resistance exercise releases endorphins, which improve mood and lower daily stress levels.
- **Sharpens cognitive function:** Consistent routines protect brain health and have been linked to improved short-term memory.
- **Enhances self-esteem:** Gaining measurable physical strength naturally builds body confidence and self-efficacy.