



Dear Member,

For those who have been with us since the beginning, you'll know and remember the good old days in the charismatic Bronte RSL club. A few years ago we moved, and all of you have helped us blossom in our new location, with inspirational views, on Bronte Road. Thank you for being part of our change and development.

We're excited that there is a new change on the horizon.. as you might have heard, very soon Lifecycle Fitness will become E-Lab Training.

E-Lab Training was born a few years ago at a location close to our sister Physiotherapy business, Advanz Health, in Maroubra. E-LAB provides high quality training, community and education.

The merger with E-LAB has been a strategic one to rise to an even better training model, to expand our services, introduce a second location, new staff, classes and educational opportunities.

We understand that you are here because you prefer our facility over others and you trust our staff and service. To better understand the changes occurring, we have compiled a list of the most important aspects for you to review.

As of 19 August, Lifecycle will convert to E-Lab Training and the following changes to your membership and classes will be initiated.

- Timetable changes - there will be minimal name and class style changes. All changes have been a collaboration of the team and have been designed for better training outcomes. (new timetable will be available to see on the 12th of August)
- Extra sessions
- Access to our Maroubra location for any class (926 Anzac Parade)
- Extra staff will be present in almost every class. There will be a Physio or Exercise Physiologist present with your trainer to maximise support.
- Additional, new equipment in your training sessions
- Ezidebit will contract your direct debit rather than debit success
- MindBody software will manage class bookings and client data.
- Booking into classes will be done through the MindBody software via the website or the MindBody app (please make sure check location before booking class)
- *Booking into class will be required*



Most things will remain the same:

- All current staff will continue to teach classes
- All equipment of Lifecycle Fitness will remain with new equipment
- The downstairs gym will remain the same and be totally accessible for all members
- Trent, Matt and Ryan will be integral in the management of E-LAB and sessions
- We will still be pushing you hard in classes to achieve amazing body and health results

Things you need to know:

- Inductions will be compulsory for all members - this is an assessment by our Exercise Physiologists which records your health status and goals. This is an amazing and free service which will allow for claim on private health and is critical to our ability to care for you as best as we can. These inductions will start on the 12th of August and we will endeavour to get through as many of our members as quickly as possible. Ellie Weir will be coordinating this process.
- Quarterly reviews of health progress and goals will be part of your membership FREE also. These are optional and you will be reminded by email.
- FEE'S will remain the same for the next 12 months.
- You will be able to CLAIM ON YOUR PRIVATE HEALTH. That's right, claim through Physio and EP and get even more money back on your training.
- Get the MINDBODY APP to log into classes - **<https://www.mindbodyonline.com/get-the-mindbody-app>** (please set up a user profile in this app using the same email address that we have on file for you)

Other than this there is nothing to do but enjoy the added care which we are bringing to your training experience.

Through E-LAB we aim to set a new standard in group training and health services. We are so excited to have you join the tribe.

Please get in touch with our team at any time to discuss any questions you may have, via info@e-labtraining.com

Sincerely,

Lifecycle Fitness and E-Lab Training