

## Welcome (Wominjeka)

Dear Knox Leisureworks Members, Guests, Staff, and Community Members,

The new financial year is among us and I hope all is going well for everyone as we are well and truly into the colder months.

From a community engagement perspective we've been lucky enough to continue our partnership with the Boronia Hawks Football Netball Club, run a successful Community Network Forum, offered several workshops and programs to Members and Guests, and continued to develop and improve Health and Safety initiatives including a full-center Emergency Evacuation Training Session and mock evacuation.

One of our proudest moments this month would have been running the 'Making a Splash' event with our biggest Aquacise class ever. In collaboration with Knox City Council and some other fantastic organisations in our community, this event raised support and awareness for Elder Abuse- a confronting but hugely important topic that directly relates to a large portion of our community.

In light of economic conditions, I am aware that the changes to memberships and entry fees, in combination with fees and charges increased outside our venue, may create barriers to participate in our programs and services at Knox Leisureworks. Should anyone be experiencing financial hardship or wish to discuss more affordable membership options, please contact me at [info@knoxleisureworks.com.au](mailto:info@knoxleisureworks.com.au).

Seeing members and patrons come to Knox Leisureworks to be physically active and connected to their community continues to be a big motivator for myself and the team and look forward to the month ahead.

Danny Fotinatos  
Knox Leisureworks Centre Manager



# Wellness Wednesday Workshop

Every Wednesday at Knox Leisureworks we promote a different theme connected to Wellness and on June 21st #WELLNESS was the focus. We were very glad to have Laura Schirmer running a Free Wellbeing Workshop which taught some of our members and patrons ways to manage stress, navigate anxiety and sleep better through various techniques and tools.

We look forward to running further workshops and programs to continue to enrich the experience for all our members and guests.



## Health Club Update with Carl

It's been a huge month in the Health Club with the success of our Push Up Challenge for Mental Health and a hugely positive response to our new Group Fitness Timetable.

Firstly, changes to our Teen Gym Membership means that anyone 12-16 years old can use their Gym Membership any time of day once a Gym Etiquette Form and Induction is complete with one of our Trainers. On top of this we still have trainers there during the afternoons providing general advise and running free programs to ensure our Teen Gym Members are engaged, educated and empowered to start their health and wellbeing journeys.

July 1st has also seen the beginning of Tour de Knox, to coincide with the Tour de France. Join the challenge and see how far you can ride!

Lastly, the 6 Week Challenge is returning this month so speak to the Gym Team to join. With discounted Personal Training Packs and private Facebook Groups to connect and engage with other Knox gym-goers, there's no better way to kickstart your Winter Fitness routine!



## Gym Etiquette

1. Always carry a Gym Towel (One can be purchased at Reception)
2. We recommend carrying a water bottle
3. Wipe down equipment after use
4. Always wear appropriate Gym attire (which must include closed-toed shows. NO THONGS)
5. Be mindful of other patrons by sharing machines and limited phone use during workouts.



## Childcare News with Tammy

We have been busy constructing high buildings with blocks and tools. This month we are on the tools in childcare, getting busy fixing broken equipment and building large structures with drills, hammers, saws, screwdrivers. Safety is important when working so hard hats, earmuffs and safety glasses are a must when working in construction.

This financial year also brings some new fees and charges to the child care structure, with the funds going towards continued operations as well as enriching and engaging tools to maintain the best care and enjoyment for all our enrolled children, and hopefully extend the opportunity to more families to experience what our Child Care has to offer.

Our educating team are excited to be able to share our child care learning experiences with you in the newsletter, if you would like to know more about our child care please contact the child care coordinator- Tammy Hendry in person or at [tendry@belgravialeisure.com.au](mailto:tendry@belgravialeisure.com.au)

# Community Network Forum

Knox Leisureworks is proud to have run our Community Network Forum on Friday May 26th, which provided valuable insights into the varying, yet equally important needs of our local community.

Huge thank you to our Diversity & Inclusion Officer Saskia and all the wonderful organisations that had a representative on the day including [Knox City Council](#), [Eastern Health](#), [Yooralla](#), [Ferntree Gully Netball Club](#) and [Belgravia Leisure](#).

As a result of this meeting we are currently looking at measures to help improve accessibility in the centre, as well as increase inclusion programming to ensure we have something on offer at the right price-point for every member of our Knox Community.

We look forward to our ongoing development and improvement as a facility that highly values Access and Inclusion for everyone.



## A Message From Swim School

**Don't forget to attend 10 Lessons this Term to enter the draw to win Term 4 Free!**

Make sure you've collected your 10 Visit GOSWIM Card from reception and get it marked off every lesson.

Redeem your card at the end of Term 3 and you could be one of 3 Lucky students who get Term 4 absolutely Free!

Don't forget you can join anytime if you aren't already a student! Speak to our reception team to get started today!

#WINTERSWIMMINGWORKS



## Operations News

To start the new Financial Year with Health and Safety at the forefront, we ran our Emergency Evacuation Training on July 5th, which saw our entire workforce go through comprehensive training, followed by a mock evacuation.

Despite the inconvenience, all of the Members and Patrons participated with patience, understanding and gratitude for the efforts of our team who seek to ensure we can keep all our customers safe in the event of an emergency.

Thank you to everyone involved, especially our Operations Team- Kylie, Cooper and Shelby as well as all the staff and patrons.

# COMMUNITY NOTICEBOARD



One of our valued Members Prabodh Malhotra is once again raising funds for the McGrath Foundation after previously walking 1100km from the MCG to the SCG!



At 71 years old this Boronia local made the 52-Day pilgrimage in 2022 and Knox Leisureworks is so proud to share he will be going for Round 2 this year with a longer path hoping to raise even more money for such a worthy cause!

Follow the QR Code to contribute to his existing donations page and stay tuned for news on his next venture coming late 2023!

Meet David, Lillian and Helen (pictured right) a few of our loyal Members who have shared some of their stories with us recently! This week we focused on N.E.A.T. for our Wellness Wednesday which is basically talking about the things we do that aren't "exercise" but still help burn calories and get you moving!



David is very active as an at-home handyman recently building a deck in his own backyard and some stunning planter-boxes for his son. David was also kind enough to share some of his artistic masterpiece clocks and ornaments he's made as well as show off his baking skills! Not only this, but he and his wife usually walk to the supermarket rather than drive maintaining an upbeat and healthy lifestyle as a result.

Lillian chatted with us about the housework and gardening she does at home (when the weather allows) whilst having a coffee with her friend Helen in our Café. She also talked about she and her husband maintaining their pool over the years (something we can relate to!) which definitely gets them and their family moving in the Summer.

Thanks to each of you for sharing some of your lives with us! If you are reading this, and you have a Member story you'd like to share, let us know and we may include it in an upcoming newsletter!



## Upcoming Events

July 1st - 23rd  
**TOUR DE KNOX CYCLE CHALLENGE**

Friday, July 14th  
**QUIET HOUR (2-3PM)**

Friday, July 21st  
**MEDITATION**

Monday, July 31st  
**6 WEEK CHALLENGE STARTS**

## STAY TUNED SPORTS MEDICINE

OSTEOPATHY, PHYSIOTHERAPY, PODIATRY, NUTRITION,  
SPORTS NUTRITION, WEIGHT MANAGEMENT  
REMEDIAL MASSAGE, EXERCISE REHAB,  
HYDROTHERAPY



**Knox Leisureworks exclusive onsite allied health clinic;**

**NEW GYM MEMBERS**  
receive 50% off your first appointment.  
Excluding remedial massage and Myotherapy

**GYM MEMBERS**  
receive \$5 off **EVERY** appointment for  
the life of your gym membership.

\*Just present this newsletter for 50% off plus your membership card at each appointment to redeem at Stay Tuned reception\*



**Everybody Deserves to Feel Good**

Stay Tuned  
Sports Medicine  
www.staytuned.com.au

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**WE ACKNOWLEDGE, WE RECOGNISE, WE SUPPORT**

Belgravia Leisure respectfully acknowledge and recognise Aboriginal and Torres Strait Islander peoples as Traditional Custodians of Country and pays respect to their cultures and Elders past, present and emerging. Belgravia Leisure proudly welcomes, supports and includes all people into the facilities, programs, services and employment it offers to communities across Australia and New Zealand.