



It takes courage to grow up  
& be who you really are



## BLOODY GREAT MEMBERS.

Firstly, theres too many of you to get in 1 photo of course, but we'll try over a few issues.

For now, just keep kicking ass with us.

### NEW TIMETABLE A WINNER

Shout out 2 Lucas for this ripper idea!!! The Dual Class option has been a popular one with members!! Trainers enjoy the creativity & members love the choice, win, win & winning! We opened the topic in December 2023 for discussion and received sparks of interest yet confusion, how will it work? Fair enough 2....

Im so proud the team have pulled it off with exceptional Organization & increased knowledge of moves delivered to members, we hope you love the new moves & variety. Post, Frame, Crash, Pivots, Checks, Slips, Rolls prove how bad ass TTF members are. We will keep brining it.



DUAL CLASSES WINNING



KICK N HIIT
LIFT
KICK N CORE
LIFT

BOXING & WEIGHTS  
NOW AVAILABLE  
IN ALL TIMESLOTS

Fear not the man who has  
1000 punches, fear he who  
perfects 1 punch 1000 times.  
Bruce Lee



## NEW APP 4 BOOKING & CHECK-IN'S

Try using the new check-in option (key tags still work) by downloading the Gym Master App. Once logged in, there's a "scan" icon at the top you can tap and scan QR code at front desk & presto, your checked in.

This app is also super user friendly for all your booking need's & is far superior to the TTF app.

Our TTF app was built for home workout video use during covid. We recommend using Gym Master for booking's and account management.

## WELCOME ZACK & BRANDON

Bursting onto the scene late 2023, how lucky are we to have picked up this weapon! Zack's been boxing since the age of 7yo and is heavily drilled in all aspects of not only elite level training, but has pushed through intense strength & conditoning of the sport with multiple high level boxers at national level. He's obtained distinctions at ASCA (Australian Strength & Conditoning Association). Zack is available for any of your Personal Development in Strength & Boxing.

**GDAY BRANDON** A passionate boxer & clever lifter Brandon fits the TTF mould perfect. An approachable a friendly manner packed with over 5 years of full contact boxing & gym dedication behind him, he's the real deal. Brandon is also enrolled into ASCA to certify his years of lifting experience & be available for you all to enjoy his Personal Training services. Book them in your portal under "other services"





## JUNIORS & YOUTH BOXING CLUB



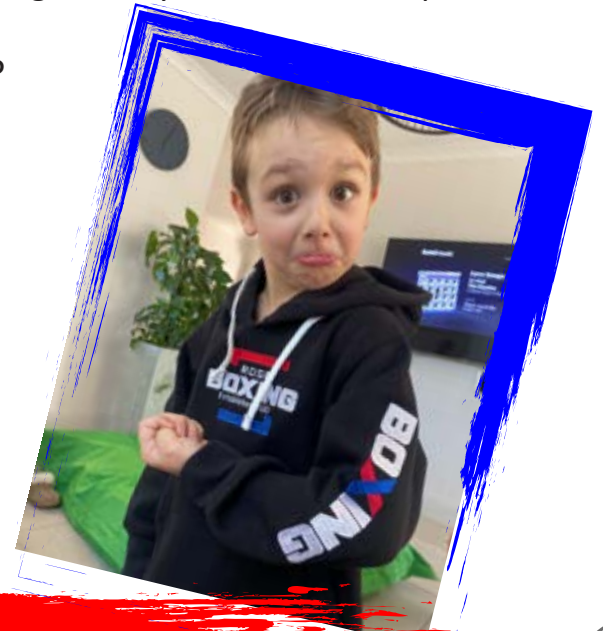
**4:30 pm Mondays @ Torrensville.** This has been a hit all thanks to the most welcoming (or as I call him) "the nicest man on earth" - COACH ARI FLORIDIS.

Ari has been in the boxing game since the 90's and is not only teaching the art of boxing to our youth but self respect, Discipline & accountability. Get your kids into this ASAP because we are all better with boxing.

First session is free  
Contact Ari. 0410 591 717



Coach Ari in juniors & youths boxing club  
4:30pm Mondays



## GOOD LUCK BOYS

Be sure to pass on some good luck love to Tomi, Lucas, Chris & Torin from the ROSE BOXING club as they prepare to do battle in their first competition bouts. Massive shout out to Prue, Jonno, Jack & Sophia for giving them a few rounds over the years not to mention former Olympian & current pro heavyweight champ Johan Linde, Alex, Kosta for all the mentoring.



**Time to put it to the test.**



**CHILL OUT**  
**TAKE UP BOXING**

## MEMBERS ONLY SOCIAL CLUB

By members 4 members. We reckon it's a ripper idea to keep the gym connected socially with events like members nights, "true grit" or "city 2 bay fun runs" or maybe just a random BBQ. Completely Optional to hop in or out of anytime there's an event being organized you like. Also a great way to network if your in need of or offering small business services. Need a trade?

If you've got an idea or recipe/workout program to share, please join our new "TTF Members Only Social Club" page on Facebook.



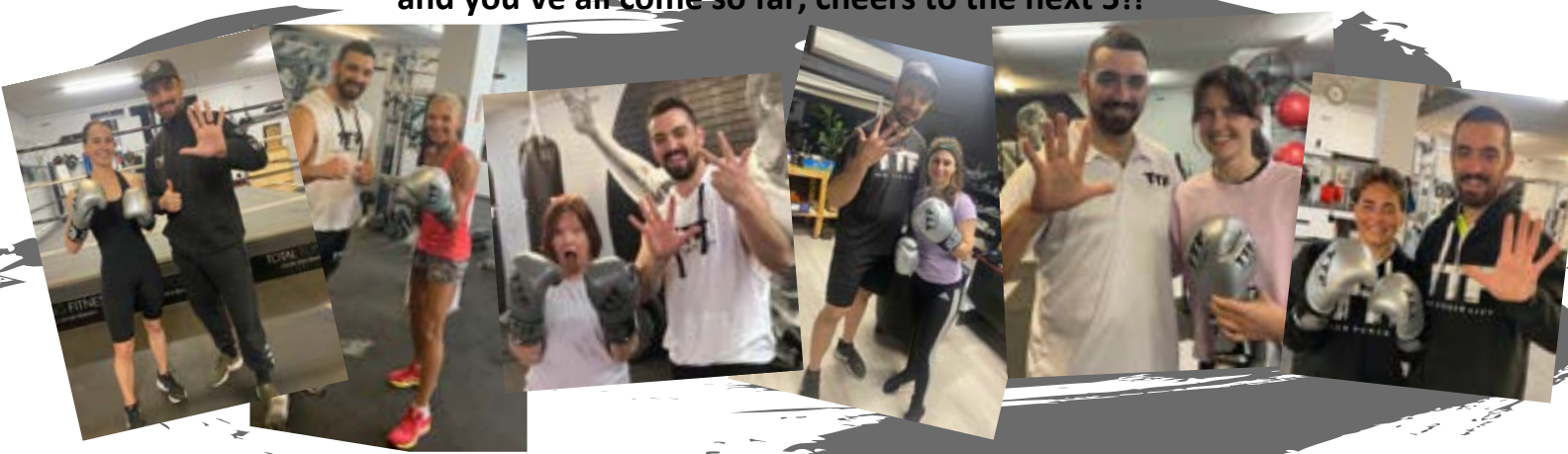
Organisers will be needed as this is not run by TTF staff, so be sure offer a hand. MASSIVE shoutout to our gun member Kat, shes been a huge help in helping design the basis of the social club.



## DIAMOND MEMBERS



Congratulations to these weapons putting up with TTF's antics for over 5 years now! Prue, Amy, Louise, Nicole & the countless others we couldn't fit on, Thanks for your support. Your skills are awesome and you've all come so far, cheers to the next 5!!



## TRUE GRIT, 10KM RUN, 30+ OBSTACLE RACE

If you recognize this tattoo, you know what time it is. It's Bowens True Grit time, hes organizing this years True Grit TTF Team. Sign up by True Grits website & be sure to select "Team TTF".

**Race Starts: Saturday 20th April 9am or 10am wave.**

We travel up together by bus, your welcome to drive solo:

Bus departs 6am @ TTF Gym Torrensville.

Returns 3pm @ TTF Gym Torrensville.

Contact Bowen if your keen to get involved: 0478 530 911



## 24/7 ACCESS

As mentioned late last year, Torrensville will be going 24/7 which looks to be soon. There will be an updated member form required to be completed by all members because of this new level of access. **TBA.** Regarding Somerton Park, being a shared tenancy there are security/insurance issues going 24/7 along with demand is not quite high enough just yet. We are looking forward to this & will keep you posted



## GOLDEN GLOVES



Buckle up weapons & get ready to bust your guts to chase down another "GOLDEN GLOVES" challenge & win a pair of genuine leather GG's.

**To win: Train @ TTF 100 times in 60 days.**

*(1 class followed by 30 minutes or longer of your own workout counts as 2)*

**Starts: March 1st inclusive**

**Finishes: 5th May inclusive**

*Includes 6 extra days to offset public holiday closures.*

Anyone can win, no cost to enter, no registration to join, simply start training & be sure to always tap your key tag so we can track it!!

Good luck, massage & ice baths help recovery!!!

## THAI MASSAGE

Say hello to TTF's newest team member Omm.

Studied & fully qualified as an authentic Thai Masseuse for over 10 years in Thailand, Kazakhstan & now Australia, It's clear that Omm is the real deal.

Omm's services include cupping, hot stone, remedial, relaxation & Traditional deep tissue Thai Massage work.

Book her in the "other services" section of the app.

TTF Members receive discount, **GET ON THE TABLE!**





## IMPORTANT MEMBER UPDATES

- **Bookings are essential.** Trainers prepare their best classes when they know their audience. From numbers, to age, to abilities & injuries, your booking helps us immensely.
- **New check-in option.** Download “Gym Master member” app, keeps you logged in. **And it couldn't be easier to book & check-in right from your phone.** (key tags still work)
- Dual classes (*simultaneous LIFT & Kickboxing*) have been super popular & here to stay!!! Providing our valued members with so much variety to keep things mixed up & exciting.
- Booking minimums of 4ppl will be here to stay & must be reached by below cutoff times.
- Bookings close 8pm the night before all “AM” classes.
- Bookings close 3pm the same day for all “PM” classes.
- Once the 4ppl minimum is reached by above mentioned cutoff times, all other members can book into or cancel out of classes anytime until 15 minutes before the class start time.
- There are no penalty & no fees on any booking.

**FACT: TTF members are the best in the world.**

- **New TTF Members social club.** Run by members 4 members. Follow our new Facebook page for more information. Promoting workout Programs, healthy food recipes, small business networking, member nights, fitness events like true grit. Search FB “TTF Members Social Club”.

- Torrensville gaining 24/7 access with keyfob entry next month.

## DUAL CLASSES WINNING



KICK N HIIT
LIFT
KICK N CORE
LIFT

**BOXING & WEIGHTS  
NOW AVAILABLE  
IN ALL TIMESLOTS**

Why did they open a gym  
in hell??  
So you could exorcise your demons.