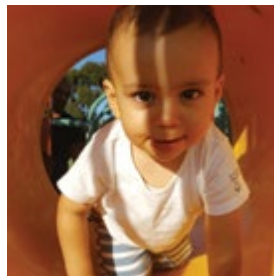


Changing your perspective

In February Koula and I welcomed Billie Rose Yolanda Ruggeri into the world. Lucas has become a big brother, our family of three has become a family of four and we are absolutely over the moon. However, the transition from one child to two is nothing short of a game changer. I'm sure parents of multiple children can relate. Undoubtedly, life has changed! I had always thought I was great at time management and prioritising, but welcoming a second child has brought me to a whole new level. I find myself needing to focus my energy in so many different areas like; supporting Koula in nurturing our little Billie, helping around the house more than ever and dropping off and picking-up Lucas from childcare. Above all, making sure I invest additional quality time in Lucas, as it's important he feels loved and cared for more than ever during this period of transition.



On top of family life, KAYA is busier than ever right now. There are so many projects and developments that I put all of my energy and love into and there are times when I start to feel overwhelmed - but those feelings are fleeting. I am so grateful and privileged to live this busy and hectic life that I lead. I am beyond blessed to have two healthy children and a beautiful partner. Not to mention, a business I love where there are always exciting

projects for me to flex my creative muscles.

I am also grateful for my team, and I owe them a heartfelt thank you. They allowed me the privilege of taking 2.5 weeks away from the club to focus my time and energy on my family. Being able to entrust my team to carry out the day to day operations and projects with the same passion and love that I have is a wonderful feeling. I believe it all comes down to communication, patience, and truly trusting in my team.

When you start to feel spread a bit thin, or start to feel overwhelmed, remind yourself – good stuff is happening! It can be easy to feel like life is too busy or hectic. But try looking at your busy life as a wonderful plethora of experiences and moments you get to enjoy. Because really – that is exactly what life is; a wonderful collection of moments. It can be hard to stop and smell the roses at times, but it's all about perspective. Try thinking of that next workout you might be dreading as precious time you get to use and nurture your body. Try feeling grateful for the time you spend with your kids driving them to school instead of looking at it as a chore. As cliché as it sounds, life is truly is short. Enjoy every moment.

Until next time,
Christian – Founder Kaya Health Clubs

KĀYA
HEALTH CLUBS

SUPPORTING THE
MINDS AND BODIES OF



The
Australian
Ballet



WITHOUT FEEDBACK ONE CANNOT GROW...

I genuinely believe that constructive feedback is an opportunity for growth. To help us grow, we reached out directly to you, our members, through a feedback survey last month. We sought to identify what the majority of you were seeking, basically hand it over to YOU to tell US what your optimal timetable would look like. The response was overwhelming and I want to thank every single one of you who took the time to provide feedback.

We carefully reviewed your responses and overall they were positive. We did have constructive feedback, which I see as a way to improve and enhance our members overall experience. I always train my desk to never become complacent, always look for ways to do things better. Accordingly, you'll see certain changes have come into effect already. We added OVER 40 NEW CLASSES per week across both studios! Prahran members now have over 175 classes per week and Emporium has over 135 per week to choose from. Combined, that's OVER 300 classes PER WEEK!

I can say with confidence that no other club offers this level of variety, convenience, and above all affordability for specialised classes' in our local community. Our members truly have everything under one roof.

NEW CLUB OPERATING HOURS

Our operating hours were an area which many of you thought could be better, and we heard you. We are excited to announce our Prahran location now opens at 5.30am Monday through Friday, and Emporium's weekend hours have been extended - Saturday's 8:00am-2:00pm and Sunday's 9:00am-2:00pm.

MIXING THINGS UP A LITTLE...

As with any other health club in the world, we have time slots and days that are more popular than others. Early mornings, the after

work rush and the beginning of the week (often spurred on by brunch guilt from the weekend) tend to be busier. Keeping that in mind, we offer back to back classes during popular times with an abundance of choice. It's during popular times that we ask members to come a bit earlier to class. If life happens and you're a bit late, rest assured, within 15 or 30 minutes will be another class.

Some of you suggested we switch to an online booking system. I have been receiving this feedback for a long time and I'd like to take this opportunity to explain why I think they just don't work. Individuals tend to book classes' weeks in advance - life happens, and then a bed sits empty. I don't believe in penalising and with some studios - 3 missed classes and you're out. The majority of studios that utilize booking systems solely offer Pilates, nothing else. The beauty of KAYA is that it's not the end of the world if you miss a class - we have an abundance of choice. Make sure you bring your runners so you can go for a run or hop into a Spinning Class if you happen to miss out - or step out of your comfort zone and try Yoga or Pilates Mat. Ensure you take advantage of your complimentary programming session so you have a customized weights programme to guide you if you are short on time. The options are endless if you keep an open mind.

BATHROOM ESSENTIALS JUST FOR YOU...

At KAYA, we believe in catering a total member experience - which is why we have always provided our members with hair dryers, straighteners, and premium hair and body care products. As we are constantly looking to enhance our member experience, we have added what we believe are essential amenities to our bathrooms. You will now find deodorant, hair ties, razors and other essentials in the male and female bathrooms available for use. We would like to continue providing this level of service and comfort to our members, so please be mindful and take only what you need.

<p>PRAHRAN NEW CLASSES</p> <p>PILATES REFORMER (GRC)</p> <p>5:45AM Monday to Friday 3:15PM Sunday (SOON) 4:00PM Sunday (SOON) 4:15PM Thursday 4:30PM Thursday 4:30PM Friday (SOON) 5:15PM Thursday</p>	<p>SPINNING</p> <p>6:15AM Thursday</p> <p>GROUP EXERCISE</p> <p>6:15AM Monday Fitness Circuit (COMMENCING 24th April) 5:00PM Monday Fitness Circuit (COMMENCING 26th April)</p> <p>CLASS STYLE OR TIME CHANGES</p> <p>YOGA</p> <p>6:15AM Tuesday & Thursday Vinyasa</p>	<p>GROUP EXERCISE</p> <p>12:00PM Wednesday Boxing 5:00PM Tuesday & Thursday Boxing 6:45PM Wednesday Boxing 6:45PM Wednesday Fitness Circuit</p> <p>PILATES MAT</p> <p>6:00PM Monday</p> <p>BARRE</p> <p>6:45PM Monday & Tuesday</p>
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<p>EMPORIUM NEW CLASSES</p> <p>YOGA</p> <p>9:00AM Saturday Vinyasa 1:00PM Monday Vinyasa</p> <p>PILATES REFORMER (GRC)</p> <p>6:45AM Monday & Wednesday 6:45AM Thursday & Friday (SOON) 8:00AM Monday, Tuesday & Wednesday 8:00AM Thursday & Friday (SOON) 1:00PM Monday to Friday 5:30PM Friday 11:00AM Sunday (SOON) 11:45AM Sunday (SOON)</p>	<p>PILATES MAT NEW PROGRAMME!</p> <p>7:15AM Thursday 6:30PM Wednesday</p> <p>GROUP EXERCISE</p> <p>6:30AM Monday Boxing 7:15AM Monday Fitness Circuit 12:15PM Wednesday Boxing (SOON) 5:15PM Wednesday Boxing 5:30PM Tuesday Fitness Circuit</p> <p>CLASS STYLE OR TIME CHANGES</p> <p>YOGA (Vinyasa)</p> <p>6:45AM Monday, Wednesday & Friday</p>	<p>PILATES REFORMER (GRC)</p> <p>6:45AM Tuesday</p> <p>BARRE</p> <p>12:15PM Monday & Thursday</p> <p>GROUP EXERCISE</p> <p>12:15PM Tuesday Boxing 5:15PM Monday Boxing 5:15PM Thursday Fitness Circuit 6:00PM Monday & Wednesday Fitness Circuit 6:30PM Tuesday Boxing</p>
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PILATES REFORMER TEACHER TRAINING ENROLMENTS OPEN NOW

The Elixr School of Pilates (ESOP) is Australia's premier recognised provider of Pilates teacher training.

KAYA maintains a close relationship with ESOP to give members and aspiring Pilates teachers the opportunity to learn from the very best in the country. The ESOP is firmly based in industry-leading exercise-science principals and believes in adhering to the cherished fundamentals of Pilates - all whilst being taught in an intimate group setting.

This is a fantastic opportunity whether your passion for Pilates drives you to go above and beyond in your practice, or if you dream of becoming a qualified teacher through ESOP. The course runs on weekends over the course of 6 weeks so even those with a busy schedule have the opportunity to enroll.

COURSES COMMENCE APRIL 23RD

LIMITED SPACES | intimate course of only 12 students

To enrol or learn more contact us on 9090 1010 or visit kayahealthclubs.com.au/education



elixr
SCHOOL OF PILATES

NEW EXERCISE ROUTINES KAYA FITNESS CIRCUIT

We are taking our Fitness Circuit Class to the next level. Building on core principles of fitness – endurance, agility, cross-training and energy, we have designed an exciting new series of circuits that feature brand new exercises and equipment. Classes are High Intensity Interval Training (H.I.I.T) based - a proven and effective exercise method to loose fat and tone muscle.

Classes feature powerful, inspirational music and our high energy instructors will motivate you through your workout. You may have noticed the installation of some televisions screens in the Group Exercise Studio recently. These screens are used to support you in the demonstration of exercises throughout class - helping you to further perfect your form and get the most out of your workout!

Based on member feedback, we have now updated the class format so participants no longer need to pair up during the boxing aspect of the class. The class is ideal for member's who want to burn fat, build lean muscle, condition their body and improve their agility in a short period of time. All levels of experience are welcome and classes are held mornings, afternoons and evenings so there are plenty of opportunities for you to get your sweat on.



EDUCATION CREATES CONFIDENCE

One of the many added benefits of being a KAYA member is full access to our Introductory Courses and Workshops. Whether you are a new member or you have been practicing with us for a while, the Pilates and Yoga Introductory Courses are a valuable experience. The courses are designed to help members new to the programme make the most out of their practice, and build a strong foundation of knowledge. If you are a more advanced student, the course is an opportunity to polish and perfect your form.

The Boxing Technique Workshop is perfect for members who are looking to increase their cardiovascular fitness or seek to mix things up a bit and try our Boxing and Fitness Circuit classes. The Workshop will take you through detailed stance, footwork and punching positions all while having fun and working up a bit of a sweat. The Workshop is tailored to all age and fitness levels - so all are welcome and encouraged to attend.

KAYA Yoga and Pilates Introductory Courses and Boxing Workshops are FREE for members (\$80.00 for non-members).



PILATES

PRAHRAN | Saturday 22nd April | 12:30pm – 3:30pm
EMPORIUM | Saturday 13th May | 11:15am – 2:15pm



YOGA

PRAHRAN | Saturday 29th April | 12:30pm – 2:30pm
EMPORIUM | Thursday 04th May | 6:30pm–8:30pm



BOXING

PRAHRAN | Saturday 22nd April | 11:00am – 12:30pm
EMPORIUM | Wednesday 19th April | 5:30pm – 7:00pm

HOW TO BOOK

Visit kayahealthclubs.com.au/education or see Reception.

**BOOKINGS ESSENTIAL
AS SPACES ARE LIMITED**

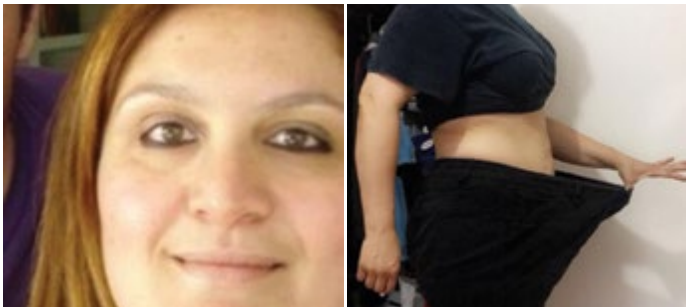


KAYA
EDUCATION



FORGET SOCIAL MEDIA; THE REAL SUCCESS STORIES AND INSPIRATION CAN BE FOUND HERE AT KAYA. MEET NIKKI.

In 2016, Nikki Melidou decided to change her life. As someone who struggled with her weight since childhood, at the age of 41, she'd had enough. She was done suffering from pain in her back caused by her weight. She was tired of having no energy, and no longer wanted to struggle to bend up and down at her physical job. Over the course of 10 months she lost an incredible 33kg through healthy eating and exercise.

**BEFORE****AFTER**

"I was overweight my entire life" Nikki says. "One day I just decided – it's time to make a change". Nikki reached out to KAYA Emporium's Resident Personal Trainer Emma Cochrane to help her get started. Under Emma's guidance she began a training regimen at KAYA which combined cardiovascular exercise and weight lifting 4 days per week. At first, it wasn't easy. Nikki struggled with self-doubt and insecurities for the initial 3 months of her program. She would cry from pain and frustration during her workouts and could not train longer than 20 minutes at a time. Emma helped her push through, offering continual guidance and support, and helping to keep Nikki focused on her goals and motivations - to be happy, have a healthy life and have a fit and healthy body and mind. Her dedication and consistency began to pay off within two short months of starting her program. The weight was not only coming off, but her energy and mood drastically improved. Her training was becoming more and more enjoyable, her sessions getting longer and she was getting stronger. "I am now able to lift heavier weights, my job is easier, I am more energized and my back pain is almost gone" she says.

As the weeks passed, Nikki's confidence increased. She was proud of herself for not giving up and it became easier to keep up her healthy eating habits, which included lots of fresh fruits, whole grains and avoiding sugary and processed food.

Today, she feels she has truly made a lifestyle change – meaning there is no end date to her goals. She feels excited to continue balancing health and wellness -long term. "I feel proud of myself even though I'm not there yet – every day I get one step closer to my goals and my dreams" says Nikki. For others who are trying to lose weight or make a lasting lifestyle change, Nikki has simple advice: set goals, stay focused and look for motivation within yourself – if you are ready to make a change, just go for it!

Nikki would like to thank her family and Emma Cochrane (Kaya's Resident Personal Trainer – EMPORIUM CLUB) for supporting her on her journey to health and wellness.



EMMA COCHRANE'S 8 WEEK INTENSIVE FITNESS TEAM CHALLENGE KAYA EMPORIUM RESIDENT PERSONAL TRAINER

Emma has a true desire, love, and passion for health and wellbeing. Emma's passion was sparked at the early age of four when her parents enrolled her in gymnastics. Her love continued past childhood and grew over the course of a decade into Emma competing and earning titles at elite level fitness events as well as being published in fitness magazines.

Emma is a tough love trainer who values honesty and empowering her clients. She will challenge you when necessary, nurture you when you need it and educate and guide you along the way. She wants to help people become the best versions of themselves. Emma will help you feel better, look better and increase your confidence along the way.



THE CHALLENGE

The changing of the seasons presents us with a unique opportunity to hit the reset button and set new health and wellness goals. This autumn, KAYA Emporium's Resident Personal Trainer Emma Cochrane wants to help you achieve your goals by inviting you to join her 8-week Intensive Fitness Challenge. The challenge is designed to help you build a solid foundation of knowledge whilst learning to achieve lasting results. Emma has designed the challenge to integrate nutritional guidelines, multiple weekly training sessions and goal setting to educate you on how to adopt realistic and sustainable habits to elevate your fitness to a new level and improve your wellbeing.

WHAT IS INCLUDED?

- 3 x 45 min semi-private personal TRAINING sessions each week
- Weekly homework & handouts on all things fitness, nutrition, mindset and goal setting to help you apply the knowledge you will be learning
- Nutritional guidelines
- Programs for you to keep of each session you complete. This will set you up for success post challenge
- Personal support & team spirit

HOW TO BOOK

The challenge commences on MONDAY 01st May and will be held at KAYA Emporium. The cost is \$120/per week for members and \$165/per week for non-members.

Contact Emma directly:

m: 0409 476 602 e: emmac@kayahc.com.au to book.

Emporium Melbourne Lv 5—287 Lonsdale St, Melbourne

Prahran 325 Chapel St, Prahran

t: 9090 1000 w: kayahealthclubs.com.au



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KAYA

PILATES
YOGA
FITNESS

MELBOURNE'S FIRST MIND & BODY HEALTH CLUBS