

SPORT & FITNESS E-NEWS



- **CITY TO BAY REG CLOSING THIS WEEKEND**
- **FREE "RECOVERY & MOBILITY WORKSHOP MONDAY 31ST AUGUST**
- **WELLBEING WEEK - BOOKING LIST**
- **NEW REFORMER TIMES**
- **NEW VENDING MACHINE - LEVEL 1**
- **FUSF FEEDBACK WANTED**
- **RECIPE OF THE MONTH**

CITY TO BAY - REG CLOSING SUNDAY

Last chance to join City Bay and represent Flinders University. Team entries close this **Sunday 30th August**.

- We will be given dates for bib/singlet collection soon and we will announce once we know more.
- Make sure you've done step 2 by joining City Bay website with our special code, otherwise you will not receive a bib. We are emailing those and calling those who still have not done step 2 of the entry.



SPECIAL GUEST - PHYSIO FRANCIS

FREE WORKSHOP by resident Physio,
Francis Tungcol

RECOVERY & MOBILITY

Monday 31st August 5:30pm to 6:20pm

The Bunker, Bedford Park

This workshop will give you some useful tools for better recovery, better mobility and fewer injuries. Be in active wear ready for some fascia ball and foam rolling!

BOOK HERE



WELLBEING WEEK 7TH TO 11TH SEPTEMBER

MASSAGES IN THE HUB

FREE KOALA MASSAGES IN THE HUB

TUESDAY TO FRIDAY 11AM TO 1PM

**** STUDENTS ONLY ****

Student card must be presented on arrival

No booking required.



PICKLEBALL

COME N TRY

WEDNESDAY 9TH SEPTEMBER

11:30AM TO 1:30PM

STUDENTS & STAFF ONLY

Sports hall

Coach led session, all equipment supplied

[BOOK HERE](#)



BEND & BREW

MAT PILATES & BREW

THURSDAY 10TH SEPTEMBER

8:30AM TO 9:30AM

**** STUDENTS ONLY ****

HUB

COACH ELLA

You must participate in the Pilates class to receive your brew coupon for "Where its at coffee and co"



BOOK HERE

WIM HOF METHOD

Breathing, Heat/Cold Exposure for Stress & Recovery

Discover how breathing, cold and heat can help you recover more effectively, regulate stress and better support your body through training, work, study and everyday life.

FRI 11TH SEPTEMBER

10AM TO 1PM

Presented by Kym Burls

10-12 Theory & practical

12-1pm Ice bath session

BOOK HERE



NEW REFORMER TIMES

We've added two more class times to the Reformer Pilates timetable.

Wed 6:15am & Wed 7am

Let us know in the feedback form below if you want more early am classes.

Reformer Challenge is underway with over 25 participants! 4 classes per week for 4 weeks. Extra points are up for grabs - see the Pilates noticeboard for more. **BOOK HERE**



2026 GALA AWARDS

Hands down our favourite night of the year! An event for our staff, members and athletes to all get together, drink some cold beverages and dance the night away!

Here is everything you need to know:

When? **FRIDAY 20th NOVEMBER, 6:30pm**

Where? **THE MARION HOTEL**

Who? **EVERYONE IS INVITED!**

More details will be released soon but it's time to start outfit shopping! We can't wait, see you there!



MEMBER FEEDBACK

We want your feedback!

What classes do you want and what times?

How is our gym?

What improvements would you like to see?

What are we doing really well?

Instructor feedback and more...

It takes less than 2min!

[CLICK HERE](#)



VENDING MACHINE

NEW Vending machine on Level 1

24/7 access for all your hydration and fuel needs!

Also FUSF towels, water bottles and Pilates socks ready for you.

Don't worry, we're still open on level 3 during admin hours selling our normal products.



RECIPE OF THE MONTH - PRE-RACE DINNER



Spaghetti Meatballs



4 servings



60 minutes

INGREDIENTS

Meatballs

- 1 packet of beef mince (500g)
- ¼ white onion, finely chopped
- 1 garlic clove, minced
- 2 spring onions, finely chopped
- salt and pepper
- ½ cup of breadcrumbs
- ¼ cup of basil, finely chopped

Pasta Sauce

- 1 garlic clove
- ¼ small white onion, finely chopped
- 1 carrot, grated
- 1 zucchini, grated
- 1 cup of baby spinach
- ½ cup of cherry tomatoes, halved
- 1 jar of tomato passata or sauce (500g)
- ¼ cup of basil
- ½ cup of water

½ packet of wholemeal or GF spaghetti (250g)
parmesan cheese and basil to serve

DIRECTIONS

1. Place all the meatball ingredients in a bowl and combine well. Scoop a heaped tablespoon of mixture and roll in into balls and place them aside on a plate.
2. In a large frying pan, heat olive oil over medium heat and place meatballs into the pan. Cook until golden brown for around 4-5 mins on each side, set aside.
3. In a large pan sauté the onion, garlic, and carrot until softened. Add in zucchini, spinach, and tomatoes until softened.
4. Add in tomato sauce and water and mix in with the vegetables. Add in meatballs into the sauce and add basil, salt, and pepper to taste. Continue to simmer the sauce on low heat for another 10-15 minutes, until the sauce has thickened.
5. In a large saucepan with boiling water, add pasta and a pinch of salt and cook as per the packet instructions.
6. Once cooked, drain the pasta, add it to the sauce, and stir to combine.
7. Serve with basil and parmesan cheese.

NOTES

A slight twist on the traditional spaghetti bolognese - this version is packed full of hidden vegetables! This pasta is also a great meal prep option, store the leftovers in the freezer, and you have a convenient and healthy meal ready to go.