

August 2026

SPORT & FITNESS E-NEWS



- **CITY TO BAY - LIMITED SPOTS**
- **REFORMER CHALLENGE IS BACK - STARTS MON 24TH AUG**
- **EARLY CLOSURE FRI 21ST AUGUST**
- **SAVE THE DATE - GALA AWARDS NIGHT 2026**
- **INJURY PREVENTION FOR RUNNERS - MONDAY 12:15PM**



CITY TO BAY - LIMITED PLACES LEFT!

City to Bay is just over one month away!
Singlet orders will be ending Friday 7th August, so make sure to enter ASAP

Register now to receive over \$300 in value!

\$20 Discounted Entry fee

Online running programs

In person running trainings - Wed 5:15pm

Post race breakfast

Post race massage

So much more....

[CLICK HERE TO REGISTER](#)



REFORMER CHALLENGE - FLINDERS 4 IS BACK



Are you ready for the challenge?

4 classes per week for 4 weeks!

Starts Monday 24th August

\$5 Entry fee

If you achieve the 4 sessions for 4 weeks, you will receive a FREE pair of Flinders Reformer socks

Everyone who completes the challenge will go into the draw to win a \$200 Endota voucher

[JOIN HERE](#)

EARLY CLOSE FRI 21ST AUGUST

New Flooring on the Group Fitness Stage will commence Friday 21st August. Due to the smell of glue etc, all classes that are normally held in this room will be cancelled, except the morning 7:45am Mat Pilates which will be on as normal.

We are also using the opportunity for the staff to have a night out together. The front desk/admin will close at 4:30pm on Friday 21st August.

Badminton will have their normal training at this time.



SAVE THE DATE - GALA AWARDS NIGHT

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!



INJURY PREVENTION FOR RUNNERS



SEPSA Exercise Physiologist, Chan will be coaching a workshop this **Monday 10th August 12:15pm** in the Bunker...

“Injury Prevention for Runners”

FREE For anyone to join and especially great for the City to Bay runners!

Chantel Branford ‘aka Chan’ | Accredited Exercise Physiologist/ASCA Lvl2 Strength & Conditioning Coach

Chantel is an Accredited Exercise Physiologist with a strong background in Strength and Conditioning (S&C) coaching.

Chantel has a long-time background in sport, transitioning from a competitive dancer (of 18+ years) to a track sprinter (anything short and fast).

[BOOK HERE](#)

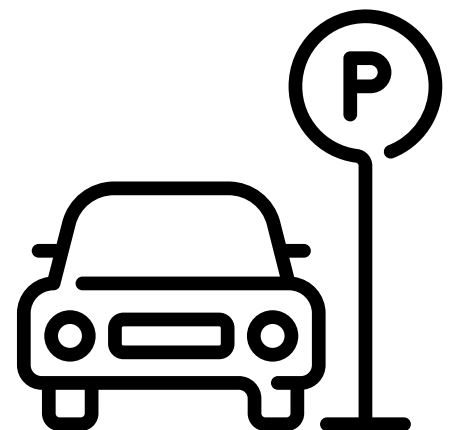
OPEN DAY - CARPARK RESTRICTIONS

5pm on **Thursday 13 August to 3:30pm on Friday 14 August** (Open Day) the upper levels of car parks 1 and 9 will be closed for vehicle parking to allow for school buses to park, and school students to safely alight/board.

If you usually park in car park 1 or 9, please consider using an alternate method to commute to campus or parking in an alternate car park and using Campus Buses.

Please note:

- Car park 1 users – the middle and lower levels will not be impacted
- Car park 9 users – the lower level and gravel area will not be impacted, Campus Buses, fleet parking and EV spaces will still operate.



RECIPE OF THE MONTH



Thai Red Beef Curry



Serves 2



30 mins

- 1/2 cup Basmati rice (uncooked)
- 1 Tbsp extra virgin olive oil
- 200g lean beef steak, sliced
- 1 brown onion
- 2tsp red curry paste
- 60mL chicken stock
- 1C pumpkin, diced (1cm cubes)
- 125mL light coconut milk
- 1C baby spinach

DIRECTIONS

1. Cook rice according to packet instructions.
2. Heat oil in a large fry pan and cook the beef strips for 5 minutes until brown. Set aside. Add diced onion to the pan and heat for 2-3 minutes. Add the curry paste, stock, cooked beef, and finely diced pumpkin. Simmer for 10 minutes until the pumpkin is soft, adding a little water if necessary.
3. Pour in the coconut milk, stir through the spinach and cook until wilted.
4. Serve rice topped with curry sauce.