



NEWSLETTER

HAPPY FITMAS

DEC 2023

What a year for Pride Fitness. We celebrated five years of community, welcomed a bunch of new friends and donated almost \$2000 to charity! Camping, running, baking, triathlons and the Bridge Walk as part of Sydney World Pride were all parts of a challenging but fun 2023. Thanks to everyone for being a part of the magic.



GOLD MEDAL FOR RICHARD!

Richard recently won a gold medal at the Gay Games Hong Kong. Richard won the 6km trail run event, competed in another and had a great time, by all accounts

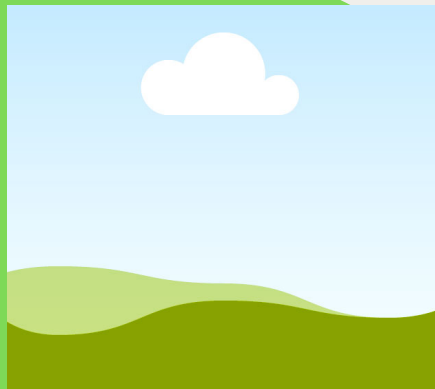
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HOLIDAY SURVIVAL

Don't let holidays break your fitness routine. Some tips that work for us:

- *book a hotel with a gym*
- *walk instead of Uber*
- *explore new places with an early morning run*
- *Try a new activity*
- *don't beat yourself up if skip a day or two, just get back into it when you can.*

END OF YEAR POOL PARTY!



9 JAN

Training 2024 begins

**9 hrs,
38 mins,
47 sec**

World record plank



CHECK OUT OUR YEAR OF HIGHLIGHTS AT ????????