

HERE FOR 2021



I THINK IT'S SAFE TO SAY...

...that we are all happy to see the end of 2020 and bring in 2021! Last year was an absolute shamble, to say the least, but we are so proud of the community that we have built and have stood by us the entire time. We couldn't have asked for more amazing people to bring in the New Year!

Whilst 2020 held us back from the path we were on, we are excited to grow North Bound in 2021. Not only is our Dunlop family growing by one extra minion, but our vision and dream for the gym is too! There are a lot of moving parts when it comes to scaling a business and we thank you all for joining us on this journey.

It's our 4th birthday this March (don't worry, we'll be celebrating it in full NBCF form!) and the trajectory we are on couldn't be more exciting. We see new equipment, additional classes, tailored services, our second NB comp and definitely more social events - it's what makes us, US!

You guys are the glue that keeps this dream together and we are super excited to grow with you all! Let's do this 2021!

NORTHBOUNDS ON THE UP FOR 2021!

WE'RE EXCITED...

SO MANY BABIES, WE LOVE IT

UPCOMING EVENTS FOR FEBRUARY

FRIEND FOR FREE IN FEB

DON'T FORGET TO BRING A FRIEND ALONG FOR THE REMAINDER OF FEBRUARY! COME ALONG TO 2 CLASSES TO EACH WEEK TO:

- EXPERIENCE THE COMMUNITY
- GET TO KNOW OUR COACHES
- FAMILIARISE YOURSELF WITH CROSSFIT
- SEE IF IT'S RIGHT FOR YOU!

SEND US A MESSAGE OR EMAIL US FOR MORE INFO



WE'RE EXCITED...

We hope this monthly e-newsletter is a way to showcase our members, not just inside the gym, but also in their everyday lives too. We know so many of you run successful businesses and have hobbies + passions that could help so many people of the Yanchep area and nearer suburbs. It's also a place where we can celebrate wins together and share helpful information to assist you on your health journey. There will also be a section which will keep you updated on the upcoming events + special dates for the month!

OUR LITTLE MINIONS CREW IS GROWING

Some little humans joined us last year and they deserve special mention! Congratulations to the following members that welcomed the cutest wee things into the World: Little Lochie, Prince Harry (aka Hazza, we dare you to call him that in front of Rach!) and Beautiful Aura!

Then we flip over to 2021 and we welcomed Grace + Mackenzie who are just days apart. FUN FACT: Grace was almost named Mackenzie too and they also have the exact same middle name!!! Neither parents had a conversation until the girls were born haha.

Plus in the next three months, we have 3 baby boys to add into the fold... we're excited!



SPECIAL DATES IN FEBRUARY

Happy Birthday to those of you born in January, you goats and water bearers you! We hope you were super spoilt and we are so fortunate that you're part of the fams!

February Birthday Celebrations

Maximus * Laura MacDowel * TJ * Laura Taylor *

Carly * Cambo * Nichola * Lee Sullivan * Jen *

Wanita * Pete * Neihana * Boschy * Kim Aporo * Katie *