

POWER TO MOVE



2026

CALENDAR

GYM

Fit4Life

Our Premium Personal Training Program

Lead by Head Trainer Cass

Fit4Life is about more than training - it's about building strength for life.

This program supports members to improve fitness, confidence and consistency through structured training, accountability and community. It's designed for those who want guidance, progression and support beyond the workout.

The Cass Inner Circle

Each year, Cass personally selects 10 individuals to be part of the Cass Inner Circle.

This is a mentorship space for those ready to grow – physically, mentally and personally. Members receive guidance, accountability and honest support, with a focus on mindset, movement, goals and life balance.

It's about being seen, supported and challenged to become your best self.

Run Club

Run Club is about movement, mindset and community.

Whether you're new to running or chasing a PB, this is a supportive space to build confidence, consistency and connection - one run at a time.

Book Club

Our Book Club brings people together beyond the gym floor.

Each month we connect over stories, ideas and conversations that inspire growth, mindset and a life well lived – because training the mind matters too.

**To our Power to Move Gym Community,
Thank you for choosing us, backing us and showing up - even on the
hard days.**

**In 2025, we watched goals turn into habits, confidence grow, and
limits get pushed. Your commitment to your health, and your support
of this gym, is what allows Power to Move to keep evolving and
creating a space where people feel strong, capable and welcome.
We're excited to keep growing, moving and achieving together in 2026.**

**Lots of Love,
The Power to Move Team**





JANUARY

Su	Mo	Tu	We	Th	Fr	Sa
				1 New Years Day	2 Book Club: Eleanor Oliphant is Perfectly Fine, Gail Honeymoon	3
4	5 Power to Move Open	6	7 Personal Training Goal Setting Day	8	9	10 PTM Community UPdate Session 10am
11	12	13	14	15	16	17
18	19 T1 Fit4Life Starts	20	21	22	23	24
25	26 Public Holiday	27	28	29	30	31 Mount Lofty Walk

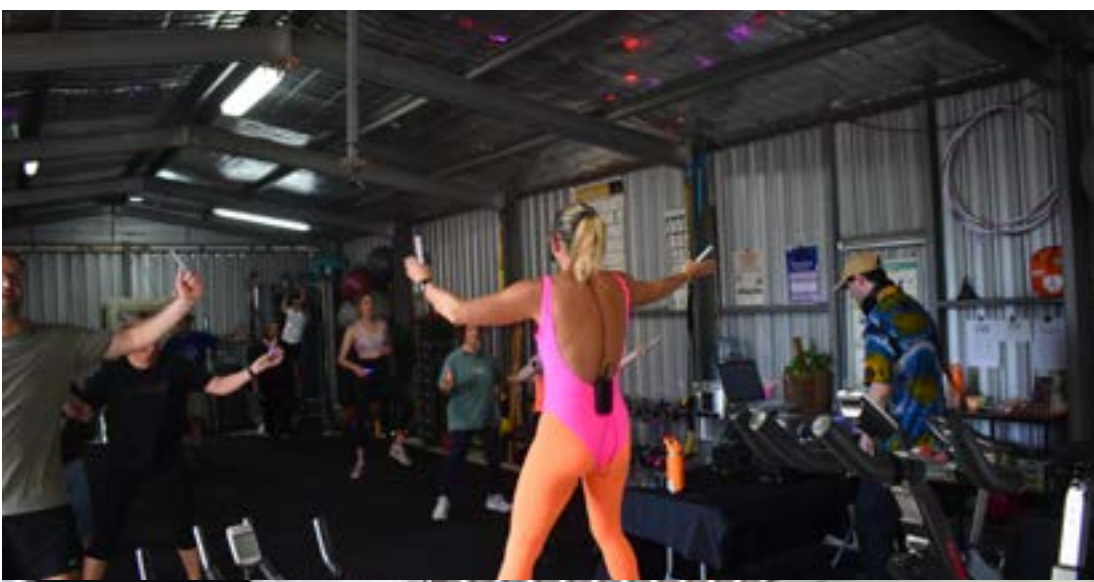
JANUARY



FEBRUARY

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6 Book Club: The Comfort Crisis, Michael Easter	7
8	9	10	11	12	13	14 Valentines Day Class
15 Run Club: Semaphore Classic	16	17	18	19	20	21
22	23	24	25	26	27	28

FEBRUARY



MARCH

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6 Book Club: The Collected Regrets of Clover, Mikki Brammer	7
8	9 Public Holiday	10	11	12	13 PTM Flashback Fitness Friday Event 6pm	14
15	16	17 Bring a Friend Day	18	19	20	21 Saturday Morning Beach Class
22	23	24	25	26	27	28 Awards Night
29 Run Club: Clare Valley Run	30	31				

MARCH



APRIL

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	1	2	3 Book Club: Untamed, Glennon Doyle Fun Bun Class	4 Public Holiday T1 Fit4Life Finishes
5 Public Holiday	6 Public Holiday	7 World Health Day Challenge	8	9 Fit4Life Dinner	10	11
12	13	14	15	16	17	18
19	20 T2 Fit4Life Starts	21	22	23	24	25 Anzac Day Class
26	27	28	29	30		

APRIL



MAY

Su	Mo	Tu	We	Th	Fr	Sa
					1 Book Club: The Vanishing Half, Brit Bennett	2
3 Run Club: Adelaide Marathon Festival	4	5	6	7	8	9
10 Run Club: Wings For Life	11	12	13	14	15	16 True Grit: Barossa
17 True Grit: Barossa	18	19	20	21	22	23
24 Run Club: Salisbury Run	25	26	27	28	29	30
31						

MAY



JUNE

Su	Mo	Tu	We	Th	Fr	Sa
	1 Winter Warrior Challenge Starts	2	3	4	5 Book Club: Dare to Lead, Brene Brown	6
7	8 Public Holiday	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27 T2 Fit4Life Finishes
28	29	30 Run Club: Bravehearts				

Winter Warrior Challenge: How many Classes can you attend during Winter? \$600 Prize Pack to win plus a 6 week PT Spring Personal Training Program.
 Finishes 31 August 26. Person who attended most classes wins!

JUNE



JULY

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3 Book Club: The House of the Cerulean Sea, TJ Klune	4
5	6	7	8	9 Fit4Life Dinner	10	11
12	13 T3 Fit4Life Starts	14	15	16	17	18
19	20	21	22	23	24	25 Christmas in July Dinner
26 Run Club: Hills to Henley	27	28	29	30	31	

JULY



AUGUST

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7 Book Club: The Art of the Impossible, Steven Kotler	8 Rewind, Retreat
9 Rewind, Retreat	10	11	12	13	14	15
16	17	18	19	20	21	22
23 Run Club: Barossa Marathon	24	25	26	27	28	29
30	31 Winter Warrior Challeneg Ends					

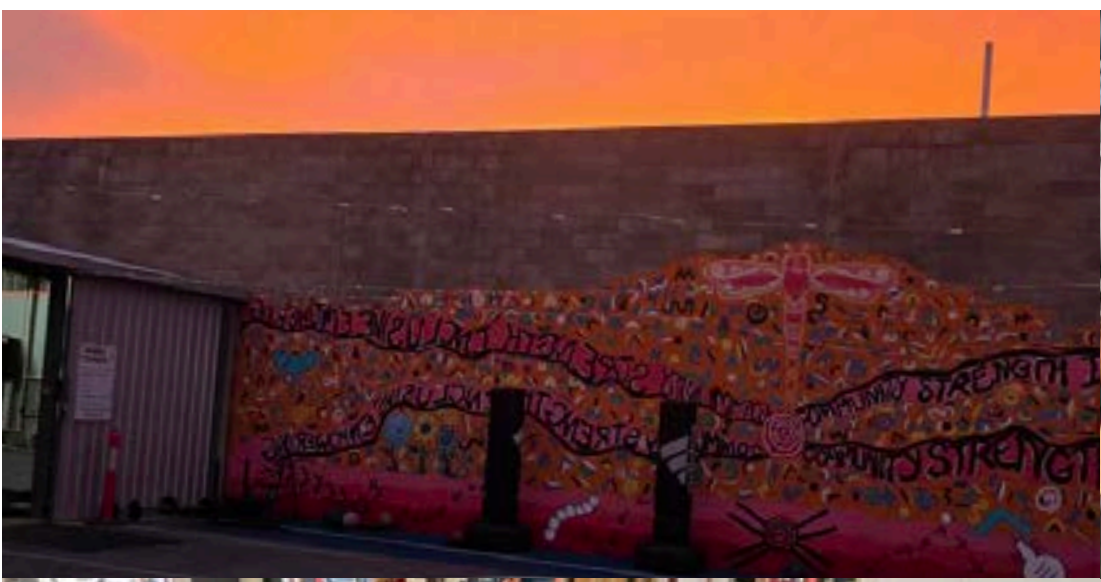
AUGUST



SEPTEMBER

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4 Book Club: The Shadow of the Wind, Carlos Ruiz Zafon	5 Winery Tour
6	7	8	9	10	11	12
13	14	15	16	17	18	19 T3 Fit4Life Finishes
20 City to Bay	21	22	23	24	25	26
27 Run Club: Yurebilla Ultra	28	29	30			

SEPTEMBER



OCTOBER

Su	Mo	Tu	We	Th	Fr	Sa
				1 Fit4Life Dinner	2 Book Club: Stolen Focus, Johann Hari	3
4	5 Public Holiday	6	7	8	9	10
11	12 T4 Fit4Life Starts	13	14	15	16	17
18 Run Club: McLaren Vale Festival	19	20	21	22	23	24
25 Run Club: The Bloody Long Walk	26	27	28	29	30	31 Halloween Class

OCTOBER



NOVEMBER

Su	Mo	Tu	We	Th	Fr	Sa
1 Plank Month Starts	2	3	4	5	6 Book Club: The Light we Lost, Jill Santopolo	7
8	9	10	11	12	13	14
15 PTM Fun Run/Walk	16	17	18	19	20	21
22	23	24 Tuesday Taco Night	25	26	27	28
29	30 Plank Month Finishes					

Plank Month: Practice your Plank. You have 3 attempts to hold a plank for the longest time. Winner gets a Plank Prize Pack

NOVEMBER



DECEMBER

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4 Book Club: The Book of Joy, Dalai Lama Desymond Tutu	5 T4 Fit4Life Finishes
6	7	8	9	10	11	12 PTM Annual Christmas Party
13	14	15	16	17	18 Final Class	19 PTM Closed
20	21	22	23	24 Christmas Eve	25 Christmas Day	26
27	28	29	30	31 New Years Eve		

DECEMBER

