



NEWSLETTER



MEAL DELIVERY

Wealth of Health



Wealth of Health is a healthy, nutritional and flavour packed meal provider. Restaurant quality meals cooked fresh every day and delivered to Koha Fitness Monday to Friday.

Wealth of Health cater for all dietary requirements!

Come along to Koha Foyer 12pm, 10th April for a taste test of these delicious meals!

More information can be found: on the members Facebook page, at Koha front desk or contact contact Shannon at Wealth of Health 027 236 5294.

BEAT THE PRICE RISE!

- Interested in joining Koha Fitness? Now is your chance
- Lock in our current membership rates NOW, before they increase on 15th April.
- This is our first price adjustment in two years, so don't miss out!
- Sign up by 14th April.
- Visit our [website](#) for more information.



FLASH PROMO

Spread the Word!

UPCOMING EVENTS

ONGOING

- Hunter Movement Run Club
- Health of Wealth - meal delivery

28TH MARCH

- Find the Easter eggs

29TH MARCH - 1ST APRIL

Easter Weekend

- Friday 29TH....24/7 Access
- Saturday 30TH....7.30AM - 12PM
Normal class timetable Saturday
- Sunday 31ST....24/7 Access
- Monday 1ST....24/7 Access

1ST-14TH APRIL

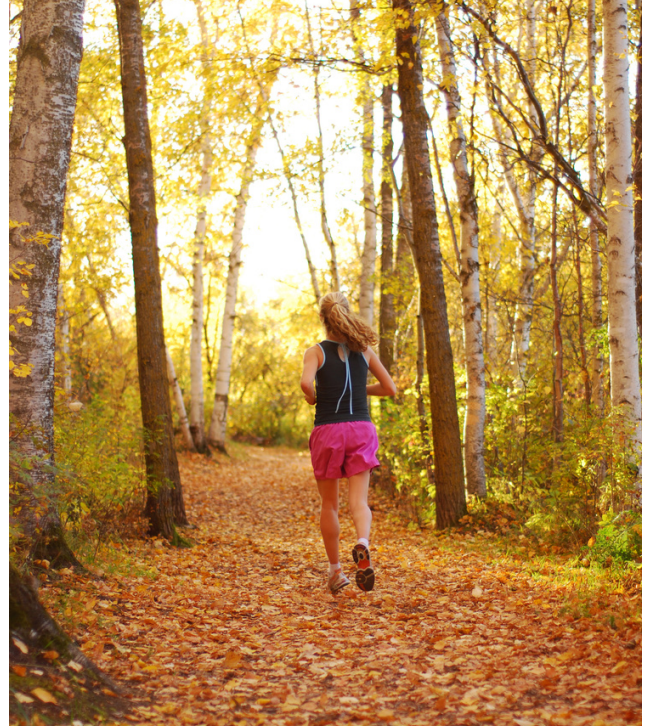
- New members lock in current membership prices.

10TH APRIL

- Wealth of Health Meet, Greet and Taste Event.
- 12pm, Wed 10th April, Koha foyer.
- Your chance to taste the delicious Wealth of Health meals!

25TH APRIL

- ANZAC Day - 24/7 Access.



Support your health and fitness with good nutrition!

It's more than just a meal planner; our nutrition calendar is a 30 day tool designed to help you take control of your nutrition and enhance your health.

Keep your eyes peeled for more info coming out soon!

NUTRITION CALENDAR



Coming Soon!