**Holistic Health and Recovery Club**- **The future of fitness starts here on the Gold Coast**

 A groundbreaking wellness facility is set to redefine the health and fitness landscape on the Gold Coast by providing a comprehensive approach to physical and mental well-being. The facility was founded by Todd Newland, born from a deeply personal journey, driven by the challenges faced by his family and clients.

The inception of the wellness centre came after Todd's daughter struggled with an eating disorder, which opened his eyes to the pressing need for a supportive environment focused on holistic health. Coupled with his wife's discomfort in conventional big-box gyms, it became clear that there was a gap in the market for a facility that catered to individuals seeking more than just a workout. Recognising that many clients trained hard but neglected their nutrition and recovery, Todd envisioned a space where all aspects of health could come together under one roof.

They have taken their time to assemble a team of experts in their respective fields to ensure all members receive the absolute best possible care and advice. Their team communicates with each other to create a personalised, structured journey for all members.

Their mission is to create a sanctuary for those who want to prioritise their health without the overwhelming atmosphere of larger gyms. By offering a range of services from fitness to nutrition to recovery, they aim to help their members achieve their best results in a supportive and nurturing environment.

The new facility offers a plethora of features designed to support each member's unique wellness journey:

* **Onsite Nutritionist and Meal Plans:** Tailored nutrition plans crafted by world renowned nutritionist Ronaldo Fulieri ensure that every member receives guidance suited to their personal needs.
* **Bioscans:** Cutting-edge bioscan technology allows for comprehensive assessments of body composition and health markers, providing valuable insights into individual wellness.
* **Onsite Juice bar -**Designed by nutritionist Ronaldo Fulieri, you can enjoy a post workout juice or smoothie that are included in most memberships.
* **Personal Trainers:** Led by head trainer Mitch Lovelock, a team of experienced trainers are available to provide personalised fitness programs, ensuring that members get the most out of their workouts.
* **Onsite Recovery Services:** Members can indulge in various recovery modalities, onsite masseuse Alyssa Hannan provides remedial massage, dry needling, cupping, you have unlimited access to infrared saunas and ice baths, all designed to facilitate optimal recovery and rejuvenation.
* **Diverse Classes:** A variety of classes cater to different interests and fitness levels, promoting community and engagement among members.
* **Latest Equipment:** The facility is equipped with the latest state-of-the-art fitness equipment, ensuring that members have access to the tools they need for effective training.
* **Exclusive Membership:** With a limit of just 300 members, the facility ensures a quiet, safe, and inclusive environment for all. This intimate setting fosters connection and support among members, creating a community that prioritises wellness.

In addition to these services, the facility offers a towel service, making it even easier for members to focus on their health without the hassle of extra baggage, take a shower after training and head straight to work!!

 Todd and his team invite the community to come experience the difference of a wellness centre that truly understands and prioritises the multifaceted nature of health, enjoy a space where you are not a number.

For more information about the facility and membership options, please visit <https://allbodz.com.au/>