

# CLUB PHYSICAL

you belong

# The History of Club Physical

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### 1982 HENDERSON TOP SHAPE

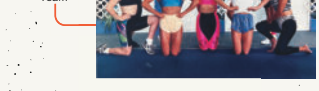
Leased former Waitemata Athletic Club, Ratanui St, Central Henderson Renovated building and built gym - Opened February 1983



Our equipment line-up in 1984



Mayor Asid Corban



Women's Body-Building Team

### 1987 LINCOLN RD, HENDERSON - PHYSICAL

Leased and built state-of-the-art club. Innovations included: First NZ LifeCycles, Taraflex OX Floor, Aeromix USA clean rooms, Hydrex/Circuit AUST.



Club Physical Team 1988



New Zealand's First Lifecycle Bikes 1989

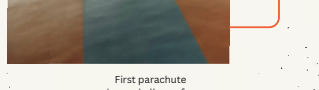


The Aero-trim turned heads

Five minutes of your time for the workout of your life!

### 1989 LINCOLN RD, HENDERSON - PHYSICAL

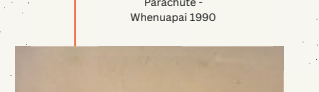
French Tara Flex Aerobics Flooring, First in NZ 1989



First parachute jump challenge for our members (And Chloe)



Members at their 'First Jump' Parachute - Whenuapai 1990



The winner of CP's 12 week Transformation challenge and beating cancer - he had the huge 500plus audience in tears at Sky City.

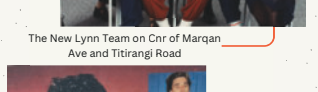
### 1989 CLUB PHYSICAL DEVELOPED A CLUB FOR YOUNG SCHOOL-AGED CHILDREN CALLED 'FITZ KIDS'



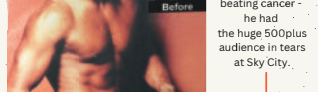
1989 Club Physical developed a club for young school-aged children called 'Fitz Kids'



The New Lynn Team on Cnr of Marqan Ave and Titrangi Road



CP Sponsored the Whenuapai Half-Marathon for 15 years



1988 Paul and Tina sponsoring Waitakere Multi-Sport fun run day after getting married

### 1991 NEW LYNN, CLUB PHYSICAL

Former Crown Lynn Potteries Leased, renovated and built huge 35,000 square foot gym. Started 100 Ladies 4 week weight loss programme. Began 'Cliff-edge' marketing! Created NZ's first 12-Week Transformation Challenge Programme



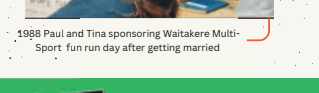
TV Star member: Actor Jay Lahatia



French Spys bombed Rainbow Warrior in Auckland - Club Physical hosts special 'Stress relief' classes to vent on French President, Chirac.



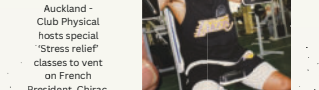
Super-class at CP Falls, 1994



1994 GLENFIELD CLUB PHYSICAL. Purchased Golds Gym. Converted to CP, Target Court

### 1993 CENTRAL HENDERSON CLUB PHYSICAL

Radical departure of Lincoln Rd. Purchased 2 acre falls property (The Falls), renovated and built gym



Club Physical began holding Mr. Puniverse contests in 1984 and continued annually for 10 years



Mr Universe visits our Clark St, New Lynn Club, Johnny DeAngelos



Club Physical Launches into Cliff Edge Marketing. This ad drew anger from some but brought in massive numbers of new members.



Have You Been A Pig? advertisement.

### 1995 NEW LYNN CLUB PHYSICAL

Purchased large unit, Shopping Centre, Cnr Morgan Ave and Titrangi Rd. 1997 we then purchased the properties either side and expanded.



Tae Kwon Do was popular at the big New Lynn gym, Clark St.



'Super-Box' drew big numbers at CP New Lynn, Morgan Ave. We had over 50 pairs of gloves and mitts!



1997 TE ATATU CLUB PHYSICAL. We sold The Falls property to the Korean Church and purchased our biggest competitor, All Seasons.

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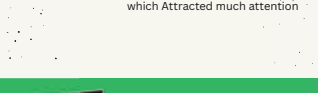
A young 'Rae' always an inspirational body-builder



1998 ST LUKES CLUB PHYSICAL. Leased former Don Olivers 30,000sf from Westfield Entirely refitted



Massive American policeman Sergio Oliver visits our St. Lukes Club 1998



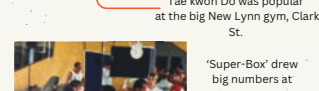
1999 DOWNTOWN CLUB PHYSICAL XPRESS. Price Waterhouse Cooper Building. Leased and purchased an existing gym and upgraded

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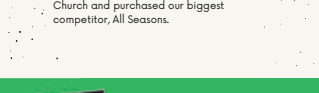
2000 ROYAL OAK CLUB PHYSICAL. Leased and built gym at the Royal Oak shopping centre



2000 K'ROAD CLUB PHYSICAL. Leased the former iconic Rendall's department store renovated and built Club Physical - Closed St. Lukes location.



Mayor John Banks opened our K'Road Club in 2000



2000 Club Physical began running 21-day Tour de France bike classes at K'Road Club during the actual event

### 2000 WELLINGTON CLUB PHYSICAL

On the Corner of Cuba and Manner Street, Central Wellington. Purchased the large Evolution Gym and converted to Club Physical, Leased from David Blackmore



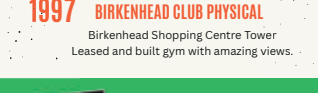
2000 ALBANY CLUB PHYSICAL. Omega Street. Purchased bare land Upper Harbour Highway and built the large club. Also closed Target court. Later sold Omega Street and leased back.



2000 WESTGATE CLUB PHYSICAL. We leased and purpose built at the Westgate shopping centre.



Grand Opening Club Physical Westgate. Mike Angove here - MMA promoter and current coach at City Kickboxing gym (coach to Izzy, Dan Hooker and more).



Cancer patient finds a good motivator. Cancer Well-fit drew regular Newspaper and Media interest



Christmas Fun Class at Te Atatu branch



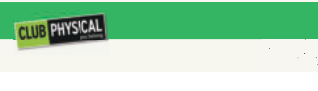
Boys pump it up at one of our many Club hosted contests



Tina enjoyed being the compere for the Transformation challenge 'Night of Champions'



2002 BOTANY CLUB PHYSICAL. Te Aorangi Drive - modelled on Westgate Club Physical design, built gym. Began franchising some of our existing company owned clubs.



2002 WELLINGTON INDUSTRIAL CLUB PHYSICAL. We immediately built and then franchised

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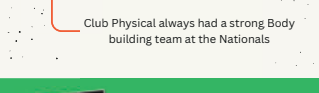
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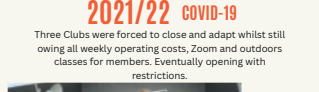
2004 PARNELL SLIM-30. On Parnell Road, character building.



2005 BROWNS BAY SLIM-30. Leased site 4 x larger, Birkenhead Shopping Centre, built club and moved from the tower



2005 KAITAIA CLUB PHYSICAL. Built and franchised in an industrial area. Later moved to central Kaitiaa



2011 ALBANY CLUB PHYSICAL. 2 Rothwell Ave. We purchased a 30,000sf building and built a huge club. Leased partly to Vortex distribution. Also closed the Omega street club.



2013 JOLT A PHYSICAL SHAKE-UP. An aggressive attempted takeover by the family of Colvin Enterprises, South Africa led to a huge 2-month court battle. We WON! Court ordered Club Physical Three Kings, Westgate and Botany be sold back to us.



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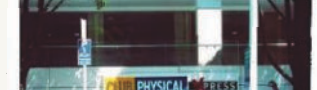
2013 K'ROAD CLUB PHYSICAL. Located on Karangahape Road below Chinese supermarket. We purchased the club back from a franchisee.



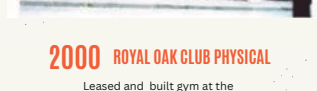
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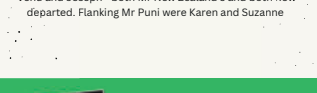
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2016 CITY FITNESS. City Fitness approached us and made an offer we couldn't refuse. Club Physical sets multiple clubs to them and becomes the landlord.



2018 BIRKENHEAD CLUB PHYSICAL. We purchased back from the franchisee.



2018 COAST CLUB PHYSICAL. We leased and built a beautiful club at Coast Plaza



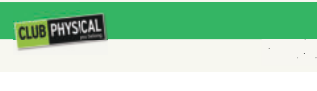
2021/22 COVID-19. Three Clubs were forced to close and adapt whilst still owing all weekly operating costs, Zoom and outdoors classes for members. Eventually opening with restrictions.



2022 CITY FITNESS. We Sold Birkenhead and Coast Clubs to City Fitness



2026 TE ATATU CLUB PHYSICAL. Club Physical always had a strong Body building team at the Nationals



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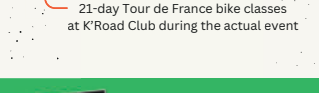
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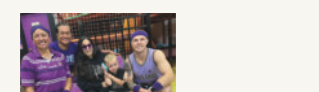
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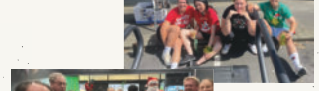
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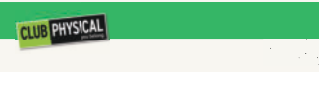
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