



Open 24/7
No lock in contracts!



It is no secret that one of the most important aspects in the success of a Franchise business is the commitment, passion and hard work that is invested by the Franchisees and their staff. We are extremely proud of our hardworking, dedicated and passionate Franchisees and we love hearing about, and sharing stories of their achievements both within our network as well as the great work they do in their everyday lives.

One such passionate Franchisee is Michelle Dunlop. Michelle joined the Plus Fitness family back in December 2012 when she opened Plus Fitness Woodvale in WA with her son Jon. Since the beginning Michelle has run a great club that is well known in the area as being an incredibly inviting gym with a fantastic atmosphere.

Outside of Plus Fitness Michelle is also a strong advocate, driver and contributor for local community based volunteer work. Co-founder of 'The Grief Centre of WA', a not for profit organisation providing free support and understanding to the bereaved, Michelle is also the Founder of 'Street Friends WA' which has now been operating for ten years and is a charity that prides itself on helping the homeless community of WA. This amazing charity takes to the streets to care for between 150 - 200 people of all ages, both male and female and every Thursday night they are supported by around 30 volunteers which now even includes their own Street Doctor and Hairdresser.

Michelle's continued, long term hard work and determination to help others has recently seen her nominated in the WA Volunteer of the year Awards, a nomination that resulted in

Michelle being awarded the 'People's Choice Volunteer of the Year'. When asked how she felt about the award as well as the nomination Michelle had this to say;

"It has been a great pleasure to serve those doing it tough on the streets, and at least for one night of the week they are fed, clothed and have warm provisions and kindness extended"

Michelle went on to say;

"I have seen firsthand from my own life experience of losing my mother to cancer when I was 6 years old, and also my vocational experience, that lives can be broken through unresolved and unsupported grief. We have seen the impact of this work enable many people to feel supported in their sadness, as they navigate a very difficult journey".

In addition to Michelle's well-deserved award, she is also being honoured in a very special way after being contacted by the Commonwealth Games 2018 Committee and advised that she has been chosen to be part of the 'Queens Baton Relay' which will enable the baton to make its way to the opening ceremony of the Commonwealth Games on the Gold Coast in 2018.

If you would like to read more about Michelle's amazing work please click the links below.

