

“IN SEPTEMBER WE ARE CELEBRATING 60 MONTHS OF BOOTCAMPS”



In 2008 we started our very popular Bootcamp sessions. The September Bootcamp marks our 60th month of the 4 week Bootcamp program. It has proven to increase fitness levels, lose weight and tone muscles. Some of our original troops are currently “still” at it.

Each Bootcamp since 2008 we took a group photo. The very first or second certificate has Laura, Craig, Allanna, Maddie, Wazza and Jason who are actually in the current Bootcamp !. And there is Michelle Weiner as well, in the very first one we ever did. Michelle was actually the push behind me getting it started. She encouraged the idea very early and has been a great support. 😊

Check out the Bootcamp certificates in the gym. Every single one is there. The big changes are the young lads. They have now become young men. !

We are so lucky to have such a great group of people who turn up each week. It is almost a social meeting with everyone so encouraging and welcoming to anyone who is new to the group.

The name Sarge was originally started by Ian Maling who is in the first ever Bootcamp. He would say it just as a friendly name and somehow the name Sarge has been carried forward through the years.

Thanks so much to each and every one of you for supporting the Bootcamp training throughout the years.

A special mention to Craig who has done every single Bootcamp. He may miss a few sessions because of work commitments but he has been there every step of the way helping me to pack up on those wet muddy nights at the footy oval and supporting all the crazy events I organise. Even travelling overseas with me to hold a Bootcamp in the hills of Bali. That was a special time with some of you coming along to do a 6 day Bootcamp training in another country. !!



BOOTCAMP 2008

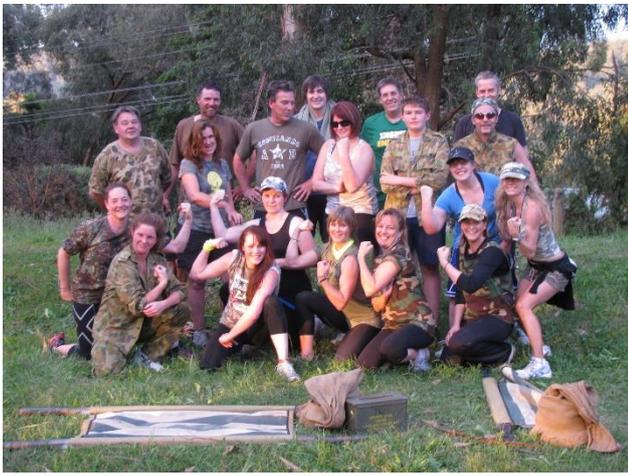


BOOTCAMP 2009



STRETCHER RELAY 2009

Andrew Sorensen, Jack Dove, Jack Milligan and Sean Dove



BOOTCAMP 2011



TRAINING IN PJ'S ???? 2012



BOOTCAMP IN BALI 2013
MICHAEL AND LINDY KLIM JOINED US



SUMMER BOOTCAMP 2014



BOOTCAMP NIGHT WALK 2014CHAMPAGNE TO GO



BREAST CANCER FUN RUN 2015



HALLOWEEN AT BOOTCAMP 2012



TRIATHLON GROUP 2014