

FitnessNRG Info

5th Dec 2011

www.fitnessnrg.com.au



DATES TO REMEMBER

WED 7TH DECEMBER

BOOTCAMP ENDS

THURS 15TH DECEMBER

LAST DAY FOR TERM 4 THUR GROUP SESSIONS

TUES 20TH DECEMBER

LAST DAY FOR TERM 4 TUES GROUP SESSIONS

MON 6TH FEB 2012

BOOTCAMP BEGINS

TUES 7TH FEB

TERM 1 CLASSES COMMENCE

FEB 25TH 2012

BOOTCAMP TRIATHLON

MARCH 17TH 2012

“BOOTCAMP GOES BUSH”

SEPT 22ND - 27TH SEPT 2012

“VANUATU BOOTCAMP”



“XMAS PARTY”

SAT 17TH DEC 7.30PM

87 Colby Drv (Sarge's Barracks)

BYO PARTNERS, DRINKS &
PLATE OF SAVOURY NIBBLES

- SURPRISE ENTERTAINMENT SUPPLIED
BE THERE TO FIND OUT !!!!!!!



VANUATU BOOTCAMP

SEPTEMBER 2012



“DONT MISS THIS AMAZING EXPERIENCE”

SAT 22ND SEPT 2012 – THURS 27TH SEPT 2012.



HIKE UP CASCADE FALLS AND ABSEIL DOWN CASCADE FALLS

KAYAKING CHALLENGE !!!!!

TRAIN AMONGST THE LOCALS AND
ALONGSIDE THE VILLAGES.

BUSH TREKS

EXERCISE SESSIONS MORNING AND
AFTERNOON.



ALL MEALS AND **ACCOMODATION** INCLUDING 2 NIGHTS IN HUTS MADE BY THE LOCAL PEOPLE ON A MYSTERY ISLAND AND 3 NIGHTS AT THE BEAUTIFUL BENJOR RESORT

COST \$1495.00

AIR FLIGHTS **NOT** INCLUDED .BUT I HEARD A WHISPER , AIR VANUATU WILL BE RELEASING CHEAP FLIGHT DEALS END OF JAN 2012. APPROX \$649 RETURN.

I WILL KEEP YOU POSTED. LIMITED SPOTS AVAILABLE. DEPOSITS CAN BE PAID NOW TO SECURE YOUR PLACE .



WED 30TH NOV BOOTCAMP SESSION.

Troops showing how tunnel ball should be played ..



Not too sure what Rachel is looking for ...



Teams



mmm... Defeated



1st Place



2nd Place .Jo not happy with Sarge





**"MERRY CHRISTMAS"
TO ALL MY
BOOTCAMP TROOPS**



**THANKYOU FOR ALL YOUR EFFORTS
WITH YOUR TRAINING
HAVE A SAFE AND HAPPY HOLIDAY
SEE YOU ALL IN 2012**

DONT FORGET 17TH DEC "PARTY" KICK UP YOUR HEALS.... YOU'VE EARNED IT

SARGE