

WHO DO YOU THINK IS THE MOST INSPIRATIONAL ?

Each year the Bootcamp troops are asked to vote for the person THEY think has been the most inspirational person to train with. It may not be the fittest one in the group but a person they consider as an inspiration whether it is how dedicated they are or simply how supportive of others they are. From now until Dec 6th you have your say.

There is a purple box in the gym. Each Bootcamp troop can vote for two people and the person with the most votes will be voted the "Most Inspirational for 2013". It will be announced at the Christmas Party on the 13th December. Everyone who has participated throughout the year will be given an opportunity to vote. All votes are confidential.

All group and PT participants will be eligible for an encouragement award. This is selected by your trainer !!! Such a hard decision !!

By the way "YOU ARE ALL AMAZING"

REMINDER: ALL NEWSLETTERS AND CURRENT BOOTCAMP SCHEDULES ARE AVAILABLE IN A PRINTABLE FORMAT ON MY WEBSITE www.fitnessnrg.com.au

DO YOU WANT TO TRAIN IN JANUARY 2014 ?

There have been a couple of requests to train during January. Normally, the only training in January has been Personal Training by appointment.

So ...FitnessNRG is putting it out there. If you are keen, please put your name down on the board in gym. It will consist of group training two nights a week. At this stage I am looking at Monday and Wednesday evening. There will be a mix of Bootcamp, Boxing and any requests put forward will be considered. A beach session maybe ?? Or maybe a session at Lysterfield on a hot evening with a cool swim in the lake after the session.

Cost \$15 each session. Payment up front is required.

Dates Mon 6th Jan – Wed 29th Jan

Time 7pm – 8pm

RECIPE SWEET POTATO CAKES

Team with tuna salad for a tasty lunch

6 serves = 30g carbs per serve.

200g sweet potato

1 zucchini

½ large onion, diced

3 eggs, separated

½ cup flour

Spray oil

1) Grate vegetables. Mix in onion, egg yolks and flour.

2) Whip in the egg whites and fry 2-3 tablespoons of mix over medium heat with spray oil.

DATES TO REMEMBER

SAT 7TH DEC

LAST BOOTCAMP SESSION

MON 9TH DEC

LAST 5PM CIRCUIT FOR TERM 4

TUES 10TH DEC

LAST 5PM POWERBAR AND 7PM CORE CLASSES FOR TERM 4

WED 11TH DEC

LAST 9.30AM STEP CLASS FOR TERM 4

THURS 12TH DEC

LAST 7PM POWERBAR CLASS FOR TERM 4

FRI 13TH DEC

FITNESSNRG XMAS PARTY.

THEME IS "SCARY"

WINNER OF BIG LOSER 8 WEEK CHALLENGE IS ANNOUNCED PLUS OTHER

AWARDS ON THE NIGHT

WED 5TH FEB 2014 BOOTCAMP AND TERM 1 CLASSES BEGIN