

REMINDER FAREWELL FOR CAROL SAT 13TH 10.30AM

One of FitnessNRG's troops is about to embark on a new life and travel the world. She has sold up and is leaving Australia with her husband. Carol has been training with me since 2006. She has made a huge impact on fellow troops including myself. She is such a unique person and is always bringing her never-ending enthusiasm and positive outlook to each training session. Carol will be missed ☺.

We are having a little farewell for Carol at "The Barracks" on Saturday the 13th of June after the Bootcamp session. It will start at 10.30am straight after training. No need to change clothes. I hope everyone can come along, say goodbye to her and have a little farewell drink. ☺

FOR THE GIRLS !!!!!

FITNESSNRG LEGGINGS ARE NOW AVAILABLE TO ORDER MUST ORDER BY MON 15TH JUNE

They are made from a Polyester/Elastane which is suitable for training and to wear out and about.

They are black with the FitnessNRG logo down the front leg.

Very comfortable while supportive, and include a wide waistband. You can choose between a white logo or pink logo down the leg.

Be quick my supplier has advised me that stock is low.

Sizes 8 – 18

Colour Black with white or Black with pink

Cost \$40 each to be paid when ordered.

Choose between ankle length or crop length (Below the knees)

Order will be placed Mon 15th June.... Get in quick girls

DATES TO REMEMBER

"CAROLS FAREWELL"	SAT 13 TH JUNE 10.30AM	
LAST BOOTCAMP SESSION	MON 15 TH JUNE	
JUNE/JULY BOOTCAMP START	WED 24 TH JUNE – 22 ND JULY	COST \$150
LAST TERM 2 CLASS	THURS 25 TH JUNE	
TERM 3 GROUP CLASSES BEGIN	13 TH JULY – 17 TH SEPT	COST \$120 EACH
KIDZ FITNESS END	WED 24 TH JUNE	
KIDZ FITNESS TERM 3 START	WED 15 TH JULY 4PM	COST \$40 FOR 4 WEEKS IF THREE OR MORE JOIN