

MANY THANKS TO JACK

Jack took over FitnessNRG while I was away and did a great job putting everyone through their training. The feedback was great and it was nice to go away knowing that all of you were in good hands. He is proving to be a great instructor and I am so happy to have him on board. Don't forget he runs the NRG Express classes Tuesday and Thursday mornings at 6.00am – 7.15am. You can still jump on board this class till the end of term.

Jack is also running Kidz Fitness classes Wednesdays at 4pm. If you have a primary school aged child these classes are fantastic. His program is suited for that age group and makes training fun. Jack is really popular with the kids and is such a great role model. He is also teaching drama classes at Belgrave South Primary school ☺

NRG EXPRESS CLASSES

This term we kicked off a new class with a twist. These classes begin at 6.00am in the morning Tuesdays and Thursdays and end at 7.15am. We have designed it so you can turn up when you get out of bed and jump on board the express circuit when it suits you. You can train for as long as you like. The circuit is designed as a 30 min session but you can stay longer. It's all your choice. Jack Milligan is the main instructor for these sessions and Cheryle will be assisting in the sessions when needed.

8 WEEK WEIGHT LOSS CHALLENGE (PUT IT IN YOUR DIARY) OCT 5TH 2015 – 27TH NOV 2015

Each year FitnessNRG runs an 8 week weight loss challenge and gives away \$\$\$\$ to the winner and second place losers of weight. Last year Roland Munzel lost 12.93 % of his weight which was 10.6kg and won \$300. Second place losing just 1% less at 12.83% was Judy Mullan losing 10.6kg. Anyone can be the next "Biggest Loser". It is achievable. You receive a manual to guide you through with food diary and food plan to keep you in control. More details in the next few weeks.

"Who will it be this year ???"

ABDOMINAL CRUNCHES

The front crunch is a commonly performed exercise that will help build muscular strength and endurance throughout the core – if you perform it correctly. This move is all about the mind-muscle connection. You need to really focus on just squeezing those abs as you let the upper body rise up into the crunch position and then lower it back down again. Never pull on the back of your head with your hands or swing the body upward using momentum in this movement as well. Slow, controlled, and steady – that needs to be how this exercise is performed.

DON'T FORGET WE HAVE A CORE AND STRETCH CLASS TUESDAYS AT 6.30PM. THE CLASS IS DESIGNED TO STRENGTHEN THE ABDOMINAL AND LOW BACK MUSCLES. WE FINISH THE CLASS WITH A LONG STRETCH TO HELP KEEP MUSCLES LONG AND FLEXIBLE INCREASING OUR ABILITY TO PERFORM TASKS AND REDUCING RISK OF INJURY.

SHERBROOKE FOREST TREK 9.30AM

On Saturday 22nd August the Bootcamp Troops are heading back along the tracks they did in "The Great Race". This will give those who missed some turn offs an opportunity to run/walk the whole course. This time you won't need to answer questions. The course is approximately 13km of fantastic tracks and magnificent trees. If you are not a Bootcamp or UnlimateNRG participant you can still come along and enjoy the workout as a casual.