

## BOOTCAMP IN PINK FOR BREAST CANCER AWARENESS



<b>WHEN</b>	<b>SAT 7<sup>TH</sup> MAY 2016</b>
<b>WHERE WE MEET</b>	<b>MEET AT TENNIS COURTS. COLBY DRIVE</b>
<b>TIME</b>	<b>8AM</b>
<b>WHATS INVOLVED?</b>	<b>18KM WALK</b>
<b>AFTER THE WALK</b>	<b>BRUNCH AT "BREW TIME CAFÉ" COLBY DRIVE BELGRAVE STH.</b>

THE MAY BOOTCAMP KICKS OFF THIS SAT 7<sup>TH</sup> WITH **"A LONG WALK"**. IT WILL BE APPROX 18KM WITH AN OPTION TO SHORTEN IT.

**EACH YEAR FITNESSNRG DOES SOMETHING FOR BREAST CANCER AWARENESS ON THE MOTHERS DAY WEEKEND. I HOPE YOU CAN JOIN US.**

IF YOU WANT TO SHORTEN THE WALK TO 10KM YOU CAN PARK YOUR CAR AT BIRDSLAND, STOP AT THAT POINT AND LEAVE THE GROUP..

YOU WILL STILL NEED TO MEET AT TENNIS COURTS COLBY DRIVE SO PLEASE ARRANGE TO GET A LIFT TO OUR MEETING SPOT.

THE WALK HAS EVERYTHING !!!

IT EVEN HAS AN OPPORTUNITY FOR A COFFEE ON THE GO. WE WILL AT SOME STAGE WALK THROUGH MAIN STREET OF BELGRAVE. AND YOU KNOW THAT THERE WILL DEFINITELY BE SOME WONDERFUL BUSH TRACKS WITH A LITTLE HILL OR TWO ☺

REMEMBER.... THE CHALLENGE OF OUR WALK IS TO GIVE US A REMINDER OF THE EMOTIONAL AND CHALLENGING JOURNEY WOMEN AND MEN FACE IF DIAGNOSED WITH CANCER.

**LETS BRING SOME ATTENTION TO BREAST CANCER THIS SATURDAY BY WEARING PINK (COMPULSORY). FITNESSNRG TOPS WOULD BE GREAT IF YOU HAVE ONE IN PINK.**

I HAVE PLENTY OF PINK T SHIRTS BOYS !!! SO NO NEED TO BUY ONE.

**THANKYOU . I HOPE TO SEE YOU THERE.**

**CALL CHERYLE 0419 535 720 IF YOU HAVE ANY QUESTIONS.**