

IT'S THE END OF TERM 1 THIS WEEK. FRIDAY 31ST MARCH

TERM 2 BEGINS TUES 18TH APRIL

IF YOU WANT TO KEEP TRAINING DURING SCHOOL HOLIDAYS WE CAN OFFER PERSONAL TRAINING. PUT A GROUP TOGETHER AND LET US KNOW WHEN YOU WOULD LIKE TO TRAIN.

COSTS ARE:



1 PERSON PER HR	\$50
2 PEOPLE PER HR	\$30 EACH
3 PEOPLE PER HR	\$20 EACH
4+ PEOPLE PER HR	\$15 EACH

BOOTCAMP 10KM SHERBROOKE FOREST WALK

WHEN: SATURDAY 1ST APRIL
TIME: DEPART 9AM
**MEET: CORNER OF SANDELLS RD AND TERRYS LANE
TECOMA**
BRING: DRINK BOTTLE, MOBILE PHONE

* THE WALK SHOULD TAKE APPROX 2 HRS. IF YOU HAVE A CATCH UP CLASS PLEASE JOIN IN. THIS WALK IS A BOOTCAMP SESSION AND IS INCLUDED IN THE 8 WEEK CHALLENGE AND UNLIMITED NRG.

IF YOU WOULD LIKE TO BRING A FRIEND THEY ARE WELCOME AS A CASUAL. COST TO THEM IS \$15.
DIRECTIONS AND MAPS WILL BE SUPPLIED.

YOU HAVE AN OPTION TO MAKE IT A 6KM WALK. IT'S A GREAT WALK AND A BEAUTIFUL ENVIRONMENT. WE HOPE YOU CAN MAKE IT.

A REMINDER: TEMPTED BY EARLY EASTER EGGS? CHECK THIS OUT!

The supermarket shelves are starting to stock Easter treats. A single Easter Bun with butter (and choc chips) or 4-5 mini eggs contains an extra 250 calories. If you indulge in Easter treats for the next 4 weeks, you will gain at least 2kg or more. Be strong and leave the treats until Good Friday.



Eggs Selection	kJ	Fat	Exercise units
200g Easter Bunny	3740kJ	50g fat	2 hrs of running
2 Caramello Eggs	500kJ	6 g fat	15 min rowing
1 Crème Egg	718kJ	6g fat	45 min fast walking
100g Deluxe Bunny	2270kJ	33g fat	2 cycle classes
3 mini eggs	560kJ	7.5g fat	15 min skipping
Small hot cross bun (no butter)	600kJ	2 g fat	30min swimming
Large hot cross bun with butter	1200kJ	10g fat	30 minutes jogging
Choc chip hot cross bun	1100kJ	9g fat	30 min boxing class

TERM 2 PERSONAL TRAINING GROUP CLASSES

TUES 18TH APRIL- FRI 30TH JUN

11 WEEKS

COST \$150 EACH

MON	9.30AM	POWERBAR
TUES	5.30PM	POWERBAR
TUES	6.30PM	CORE
WED	9.30AM	STEP/ABS/BUTT
THURS	6.30PM	POWERBAR
THURS	7.30PM	YOGA (30 MIN)

***UNLIMITED NRG* STARTS TUES 18TH APRIL – FRI 30TH JUNE**

COST \$440

UNLIMITED NRG enables you to jump into any session in the Term Group classes and any Bootcamp session. You don't need to book, just turn up. This is a great way to experience all types of training and classes. We at FitnessNRG try to deliver classes which are up to date in the fitness industry and also enjoyable. 😊

APRIL/MAY BOOTCAMP STARTS WED 19TH APRIL

SESSIONS ARE MON & WED 7PM. SAT 9.30AM

BOOTCAMP RUNS FOR 4 WEEKS. COSTS ARE:



3 SESSIONS / WEEK \$150

2 SESSIONS / WEEK \$120

1 SESSION / WEEK \$80 (\$20 EACH SESSION)

2 SESSIONS / WEEK PLUS 1 PT GROUP \$180

*KIDZ FITNESS CLASSES TERM 2 STARTS WED 19TH APRIL

WED 3.45PM - 4.30PM

**COST \$110 FOR 11 WEEK TERM
\$10 A CLASS**



**IF YOU HAVE A SON OR DAUGHTER WHO WOULD LIKE TO GIVE IT A GO PLEASE
CALL
JACK 0430 276 907
OR
CHERYLE 0419 535 720**

A LITTLE SOMETHING TO DO IF YOU OVER INDULGE AT EASTER. IT CAN BE DONE INDOOR. NO EXCUSES 😊

Warm Up 5-10 mins

50 Star Jumps
50 Crunches
45 Star Jumps
45 Squats
40 Star Jumps
40 Push Ups
35 Star Jumps
35 Crunches
30 Star Jumps
30 Squats
25 Star Jumps
25 Push Ups
20 Star Jumps
20 Crunches
15 Star Jumps
15 Squats
10 Star Jumps
10 Push Ups
5 Star Jumps
5 Crunches
5 Squats
5 Push Ups
Hold Plank till you can't any longer
Repeat all the above as many times as you like



Stretch 5-10mins

THANK YOU FOR ALL YOUR ENTHUSIASM AND SMILES.
ENJOY YOUR BREAK AND BE SAFE 😊

