

FITNESSNRG[®]

2018

Happy New Year!

Info 4th January 2018

We hope you have been enjoying the Christmas and New Year festivities. It is always a great time of the year where we can relax with our families away from our hectic lifestyles and schedules.

Have you made your New Year Resolution ?. With extra time during the holiday period we start to reflect upon ourselves and think of ways to improve our health or lose those kilos that creep up each year. Once we decide to take that step then commitment comes next.

All it takes is to start. Once you begin your journey towards health and fitness you never look back. Yes It can be a struggle at first but the more you push towards a more fitter, healthier person, you will start to enjoy the feelings of more energy, brighter skin, positive attitude, happiness, better relationships, toned muscles, self confidence, weight loss, being stronger.....The list goes on!.

So why not start your year by jumping into the FitnessNRG Summer Bootcamp.

Summer Bootcamp training is during the month of January on a Monday and Wednesday evening at 7pm. You can train twice a week for 4 weeks. There are four different types of training including boxing, NRG Fit, circuit and outdoor sessions. (Timetable is now available online at www.fitnessnrg.com.au or open attachment with email)

The cost is discounted at \$100. Please note sessions are not redeemable. All **new members** to FitnessNRG need to undergo a 1 hr fitness assessment before commencing. The assessment involves cardio fitness testing, core strength test, upper body strength test, blood pressure and flexibility test. We also do body measurements and bioelectrical impedance analysis which reads bodyweight, body fat %, muscle mass in kg's, water %, body type, visceral fat reading and biological age. We discuss any previous or existing injuries you may have so that we can modify your exercise if needed. These assessments are a great start to anyones physical journey so that you/we can gauge improvements as you go. The assessment cost is \$50 and can be shared with a friend or family member for \$60 (\$30 each). Any member of FitnessNRG can book these at anytime.

Hope to see you in the January Summer Bootcamp. ☺

DATES TO REMEMBER

PERSONAL TRAINING SESSIONS ARE CONTINUING THROUGHOUT JANUARY AS REQUIRED.

MON 8TH JAN – WED 31ST JAN

SUMMER BOOTCAMP

4 WEEK BOOTCAMP *SPECIAL \$100*
MON AND WED 7PM.
NO SATURDAYS ARE
SCHEDULED SO YOU CAN HAVE YOUR
WEEKENDS FREE.

**MONDAY 5TH FEB 2018
- THURS 29TH MAR**

TERM 1 2018 PT GROUP CLASSES BEGIN

MON 5TH FEB 2018

FEBRUARY 4 WEEK BOOTCAMP RESUMES

JACK MILLIGAN IS OFF ON A GIG FOR 2 MONTHS....

Most of you know Jack is a singer/songwriter and a FitnessNRG Personal Trainer. He has been selected after auditioning to travel The Caribbean Islands performing his music on a cruise ship. What a great gig !! We are very happy for him.

Jacks classes will still go ahead in Term 1 with Cheryle as the trainer and his PT clients can still continue to train with Cheryle or another trainer. We will miss him around the gym especially his mum and dad haha.

Jack will be training throughout the month of January before taking off early February.

BOOTCAMP MINI TRIATHLON IS COMING

WHEN FEB 2018
TIME 8.30AM
WHERE LYSTERFIELD LAKE PARK
BRING SWIMMING ATTIRE, BIKE,
HAT, WATER, TOWEL AND
SUNSCREEN



CATEGORIES WILL BE

SWIM APPROX 50 – 100 METRES. OPTION TO WALK AND NOT SWIM IN THE WATER
BIKE 9.5KM
RUN 3KM

OPTION TO CHOOSE WHICH CATEGORY TO DO. YOU DON'T HAVE TO DO THE WHOLE THREE. MORE DETAILS TO COME!!

2018 PT GROUP CLASSES START MON 5TH FEB - THURS 29TH MARCH

COST \$120 EACH FOR THE 8 WEEK TERM

PT group classes are an affordable alternative to one on one personal training. They are a small group providing excellent workouts. PT group classes provide weigh in checks at the start of term and at the end of term. If you don't like large groups and can't afford PT training, this is a great way of training.

Check out the UnlimitedNRG membership at the bottom of the newsletter.

MON	TUES	WED	THURS	FRI	SAT
9.30AM POWERBAR		9.30AM STEP/ABS BUTT			
11.30AM BEGINNER/ RELAXATION YOGA					
	5.30PM POWERBAR				
	6.30PM CORE / YOGA		6.30PM POWERBAR		
			7.30PM YOGA		

TERM 1 2018 BOOTCAMP STARTS MON 5TH FEB

4 WEEKS BOOTCAMP COST \$150

2 X SESSIONS / WEEK/ \$120

1 X SESSION / WEEK \$80

Bootcamp runs in 4 week blocks. Bootcamp has a variety of different training styles. Check the Bootcamp schedule on our website www.fitnessnrg.com.au for current classes. It is a great all rounder providing NRG FIT classes which are a HIIT training class. Boxing, circuit, outdoor walks, weights, core, fun biathlons, triathlons and Bootcamp drills using army equipment are a few of the training classes. You do not have to fit to jump in. You just need to start.

MON	TUES	WED	THURS	FRI	SAT
					9.30AM BOOTCAMP OUTDOOR
7PM BOOTCAMP		7PM BOOTCAMP INDOOR/ OUTDOOR			

UNLIMITED NRG TERM 1 MEMBERSHIP

TERM 1 MON 5th FEB - THURS 29th March 2018

COST \$400 FOR 8 WEEKS

Unlimited NRG is a term membership. It came about for those who wanted to have a choice of classes each week choosing from Bootcamp to Core Classes, Powerbar, Step and Yoga.

It gives you flexibility to try everything we offer. You can jump into all of them.

There is no limit !

You can decide which classes to come to each week.

Unlimited NRG runs for the duration of public school term.

UNLIMITED NRG CLASSES

MON	TUES	WED	THURS	FRI	SAT
9.30AM POWERBAR		9.30AM STEP/ABS BUTT			9.30AM OUTDOOR BOOTCAMP
11.30AM BEGINNER/ RELAXATION YOGA					
	5.30PM POWERBAR				
	6.30PM CORE / YOGA		6.30PM POWERBAR		
7.00PM BOOTCAMP		7.00PM BOOTCAMP			
			7.30PM YOGA		