



## WE ARE CELEBRATING 10 YEARS OF BOOTCAMP...

We originally started Bootcamp in March 2008. During those days all the sessions were done outdoors regardless if it poured with rain or if it was frosty with mist. I can remember a night where we trained on the footy oval and we could not see anything on the other side of the oval. We have trained in mud, heat and rain. We have dressed in pink for Breast Cancer awareness, trained in our pyjamas and participated in FitnessNRG triathlons and biathlons. The Great Race was a fun activity but had to cease due to the dangerous car driving trying to reach destinations, all in the effort to win a race!! We have walked in the dark amongst the nightlife and enjoyed a sparkling shiraz watching the sunset at Trig Point lookout.

FitnessNRG went to Bali in 2013 to train and had Michael Klim jump in with us. It was over there we trekked up a volcano to watch the beautiful sun rise in the Bali hills. There is a great story and a video presentation of our time over there on our website [www.fitnessnrg.com.au](http://www.fitnessnrg.com.au).



2009



Bali Bootcamp 2013

FitnessNRG put a team together for Tough Mudder 2015 which was a great experience and was really hard !!!! The bond we made with each other will stay with each of us forever.



We have slept in tents taking it in turns for the Relay For Life 2015 event.

We have made great friends, cried, laughed and pushed through challenges. We ran a girl BootyCamp in 2008. Sat on the grass with champagne on cup day after one of our BootyCamp sessions. We have turned up for training dressed up for Halloween and celebrated Xmas with Santa turning up each year. One year was very hot and Santa in his costume did the Birdsland session !!. He expired very quickly having to reveal his identity taking off the costume. Craig makes a great Santa and has always been a great support for the FitnessNRG team. Jack started training in the Bootcamps at 11 years of age and is now a trainer at FitnessNRG.

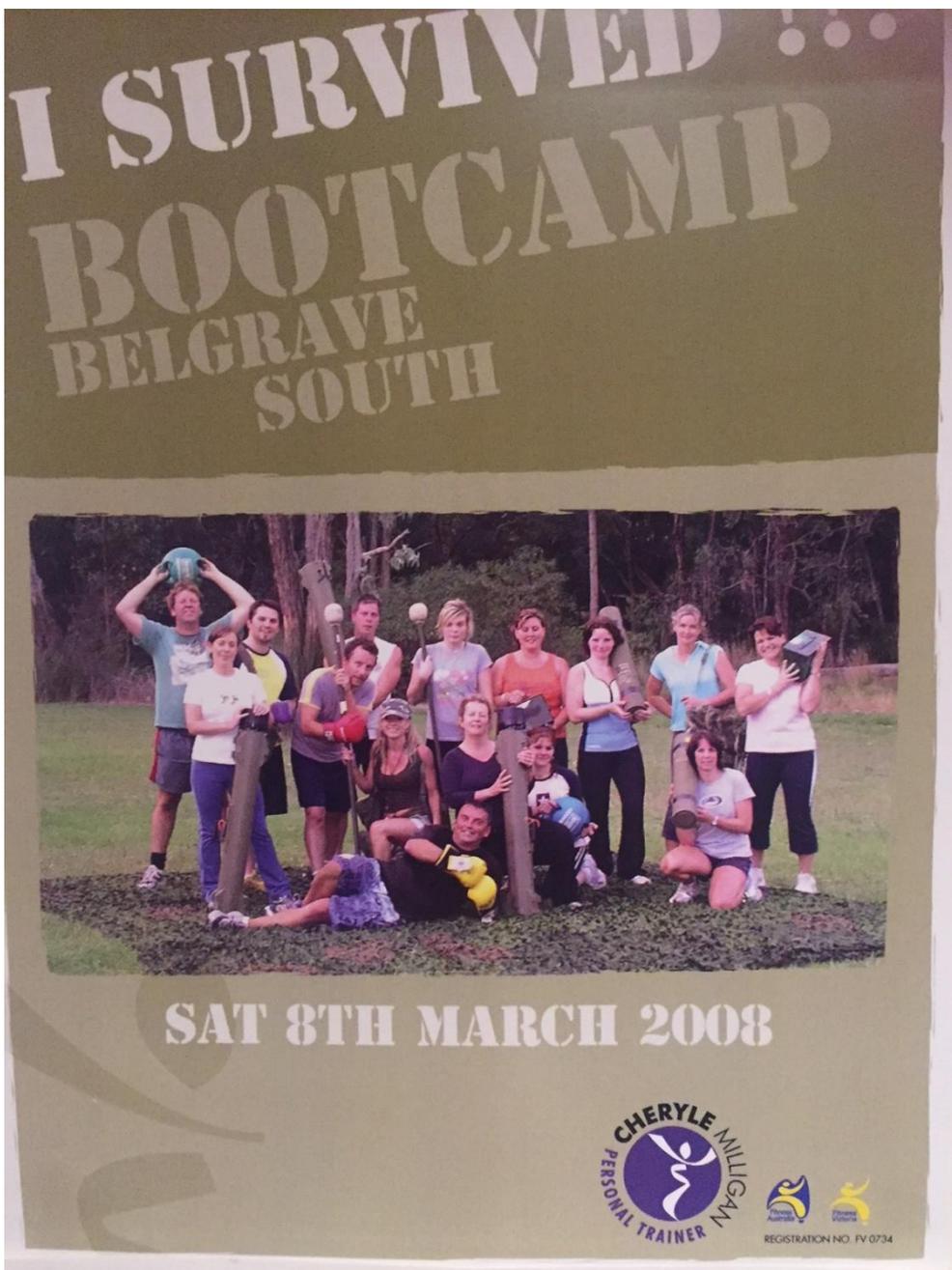




2014



2015



This is a pic of the very first Bootcamp in 2008. Back then the business as we know it today as FitnessNRG was named Cheryle Milligan Personal Training.

Some of the people in the photo are still training at FitnessNRG in 2018.

This is when Ian Maling (Rear left in photo with medicine ball) and Colin McGill (lying down) came up with the name Sarge !!

The name Sarge has stuck and I am still called Sarge 10 years later.

Thankyou to each and every one of you for your support throughout the last 10 years. I have personally made lifetime friendships and you guys have been there for me when I have needed a lift.

I have met some incredible people and had so much fun along the way.

I hope you will continue the Bootcamp journey for the NEXT 10 years !!!

Thankyou Cheryle ( Sarge) ☺

## TERM 2 GROUP TRAINING 16<sup>TH</sup> APRIL – 29<sup>TH</sup> JUNE 2018

FitnessNRG provides a selection of training options. We are aware that people prefer different training requirements to others. Some like the personal attention of one on one training or training with friends in a small group and some like a larger group environment such as Bootcamp.

For some it is a financial reason for how they choose. All our classes are a personal training experience. We try to take care of each person that steps into our training room or Bootcamp sessions.

Our PT training, Term classes and Bootcamp have been running successfully for 10 years. It's important to us that we meet your expectations and feedback is always welcome. 😊

## PT GROUP CLASSES. START MON 16<sup>TH</sup> APRIL – 29<sup>TH</sup> JUNE 2018

### COST \$150 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 further down the newsletter.

MON	TUES	WED	THURS	FRI	SAT
9.30AM <b>POWERBAR</b>		9.30AM <b>STEP/ABS BUTT</b>			
10.30AM <b>BEGINNER/ RELAXATION YOGA</b>					
	5.30PM <b>POWERBAR</b>		6.30PM <b>POWERBAR</b>		
	6.30PM <b>CORE / YOGA</b>		7.30PM <b>YOGA</b>		

## TERM 2 - 2018 BOOTCAMP STARTS MON 16<sup>TH</sup> APRIL – MON 14<sup>TH</sup> MAY

**3 X SESSIONS/WEEK \$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](http://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 be fit to jump in. You just need to start.!**

## BOOTCAMP TIMETABLE

MON	TUES	WED	THURS	FRI	SAT
					9.30AM <b>BOOTCAMP</b>
7PM <b>BOOTCAMP</b>		7PM <b>BOOTCAMP</b>			

## UNLIMITED NRG TERM 2 MEMBERSHIP

TERM 1 MON 16<sup>TH</sup> APRIL - THURS 29<sup>TH</sup> JUNE 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 school term.

MON	TUES	WED	THURS	FRI	SAT
9.30AM <b>POWERBAR</b>		9.30AM <b>STEP/ABS BUTT</b>			9.30AM <b>OUTDOOR BOOTCAMP</b>
10.30AM <b>BEGINNER/ RELAXATION YOGA</b>					
	5.30PM <b>POWERBAR</b>				
	6.30PM <b>CORE / YOGA</b>		6.30PM <b>POWERBAR</b>		
7.00PM <b>BOOTCAMP</b>		7.00PM <b>BOOTCAMP</b>	7.30PM <b>YOGA</b>		