



FITNESSNRG[®]

10TH DEC 2019

As we near the end to another year we would like to thank everyone who has supported FitnessNRG throughout the year. You have turned up week in week out for training with loads of positive energy and the motivation to improve your health and fitness. Being fitter, stronger, and healthier takes work. Some weeks are better than others. We all go through many emotions on the journey. Excitement when success comes, uncertainty and disappointment when it doesn't. But in the end we need to begin the journey, with consistency and perseverance to move closer to our goals.

The 8 Week Weight Loss Challenge group were awesome. We set up a private messenger group where they could share feelings, recipes and bounce ideas off one another. The challenge began in October and for 8 weeks the support shown between the members was really great!. You were all so amazing. The results are outstanding. Weight loss is an emotional journey and a huge part to succeed is to change habits, making life changing decisions and choices.

We truly believe our 8 Week Weight Loss program works. The proof is evident. The program is also a great way to re-focus and get back on track with a healthy routine. Some people join the group just to get back on track and reset.

WE ARE RUNNING THE 8 WEEK WEIGHT LOSS - DROP THE XMAS KILOS CHALLENGE AGAIN STARTING FEBRUARY 3RD 2020 !

***SUMMER BOOTCAMP ***

WHEN	MON 6 TH JAN – WED 29 TH JAN
SESSIONS	MON 7PM WED 7PM
COST	* \$110





FITNESSNRG AWARDS 2019

8 WEEK WEIGHT LOSS CHALLENGE

***HIGHEST ACHIEVER**

PETER CORMACK

LOST 8.3KG WHICH WAS ALL BODY FAT

WAIST DROPPED 12CM

MAINTAINED MUSCLE

2019 SAAARGE BOOTCAMP AWARD

ALLANNA DOVE

COLLEEN WEIR

FITNESSNRG PT GROUP AWARD

SHELLIE JELINEK

FITNESSNRG PT GROUP AWARD

JULIE ANNE GOODWIN

BOOTCAMP MOST INSPIRING AWARD VOTED BY THE PARTICIPANTS

WARREN DOVE

Congratulations to all the award winners. You have made a huge impact on FitnessNRG with your determination and goals. A special mention to **Jon and Naomi** who are leaving to start a new life in Hobart. We will miss you guys.

Thanks to all the people who come along each week to train. You are all part of great friendships started and a positive environment. It takes effort to become fitter and healthier. We admire all of you for giving exercise and a healthier lifestyle a go!!

Looking forward to another year of training you all in 2020.....



DATES TO REMEMBER

THURS 12 TH DEC

END OF TERM 4 CLASSES. PT AND GROUP SESSIONS AVAILABLE BY APPOINTMENT. GET A GROUP TOGETHER IF YOU WANT TO CONTINUE TRAINING LEADING UP TO XMAS.

SAT 14TH DEC 7.30PM



FITNESS NRG DRINKS AT 12 BAR BELGRAVE.

DANCE ALONG TO LEROYZ HAMMOND COMBO BAND. DRINKS & TAPAS AVAILABLE AT BAR PRICES. PLS RSVP ON FACEBOOK INVITE. WE NEED TO KNOW NUMBERS TO LET THE VENUE KNOW HOW MANY ARE COMING. LET ME KNOW IF YOU CAN'T FIND THE EVENT ON FACEBOOK. YOU HAVE BEEN INVITED LISTED IN A PRIVATE EVENT.

MON 6TH JAN – WED 29TH JAN 2020

SUMMER BOOTCAMP

SESSIONS ARE MON 6.30PM WED 7PM

COST: \$110



FEB 3RD 2020

***TERM 1 CLASSES BEGIN**

***FEB BOOTCAMP BEGINS**

***8 WEEK WEIGHT LOSS (DITCH THE XMAS KILOS) PROGRAM BEGINS**

ALL PROGRAMS ARE EXPLAINED IN DETAIL FURTHER IN NEWSLETTER.



FITNESS NRG GIFT VOUCHERS ARE AVAILABLE NOW !!

GREAT IDEA FOR A XMAS GIFT



FITNESS NRG XMAS RAFFLE

THANKYOU TO EVERYONE WHO BOUGHT TICKETS FOR OUR ANNUAL FUND RAISER.

WE RAISED A TOTAL OF **\$535.00** FOR THE SALVATION ARMY. (WHICH COINCIDENTLY IS THE EXACT SAME AMOUNT RAISED IN 2017) YOU HAVE ALL BEEN A HUGE PART TO HELP THOSE IN NEED OVER CHRISTMAS.



1ST PRIZE WINNER RECEIVING \$530

CHRIS BRUCE

2ND PRIZE WINNER OF A \$100 FITNESSNRG VOUCHER

GAVIN DAVIES

3RD PRIZE WINNER OF A HAMPER

PAUL MULLAN

TERM 1 2020 PT GROUP CLASSES START MON 3RD FEB – THURS 26TH MAR

COST \$130 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 also, on the next page of the newsletter.

MON	TUES	WED	THURS	FRI	SAT
		9.30AM STEP/ABS BUTT			
	5.30PM POWERBAR		6.30PM POWERBAR		
6.30PM NRG FIT	6.30PM CORE / YOGA		7.15PM YOGA		



TERM 1 2020 BOOTCAMP

STARTS MON 3RD FEB COST \$165 (12 X 1 HR SESSIONS)

Bootcamp runs in 4 - 5 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, toning with weights and core strengthening. You do not have to fit to jump in. You just need to start. !!

MON	TUES	WED	THURS	FRI	SAT
				OCCASIONAL NIGHT WALK	9.30AM OCCASIONAL CHECK TIMETABLE
6.30PM BOOTCAMP NRG FIT		7PM BOOTCAMP INDOOR/ OUTDOOR			

UNLIMITED NRG TERM 1 MEMBERSHIP

TERM 1 MON 4th FEB – THURS 26th MAR

COST \$320 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 in Term 1 will run for 8 weeks.

TERM 1 UNLIMITED NRG CLASSES

MON	TUES	WED	THURS	FRI	SAT
		9.30AM STEP/ABS BUTT			9.30AM OCCASIONAL CHECK TIMETABLE
	5.30PM POWERBAR		6.30PM POWERBAR		
	6.30PM CORE / YOGA		7.15PM YOGA		
6.30PM BOOTCAMP NRG FIT		7.00PM BOOTCAMP		OCCASIONAL NIGHT WALK	



8 WEEK WEIGHT LOSS – DROP THE XMAS KILOS CHALLENGE

4TH FEB – FRI 27TH MAR COST \$495

Includes all the classes in UnlimitedNRG, a manual, food plans, recipes, plus weigh in each week. This is a great way to kick start your training and drop those Xmas kilos. If you need that extra support and push, this is a great offer to take up. 😊.

A REMINDER DURING WARMER WEATHER: WATER AND WHEN TO DRINK IT

WHEN is an easy one. Your body will tell you when you need to drink, which is when you are thirsty. You need to be able to recognise the first indication of thirst as a warning that dehydration is imminent, and then act accordingly. Many people have taught themselves to ignore this feeling and may have desensitized themselves to the initial signs of thirst.

Our body requires approximately 2 litres of water per day to function at our best. When we exercise and sweat this means we need even more water to replace what is lost in perspiration.

As a general rule, you should aim to drink a glass of water :

1. When you get up, before you eat or drink anything else.
2. 10 to 15 min before each meal
3. Any other time when thirst strikes
4. We should aim carry a water bottle at all times.
5. Sipping water throughout the day will ensure we drink adequate amounts of water.



***MERRY CHRISTMAS AND A HAPPY
NEW YEAR FROM
THE FITNESS NRG TEAM
CHERYLE, CRAIG & JACK***