

**\*BOOTCAMP MINI TRIATHLON\***

**WHEN** SAT 27<sup>TH</sup> FEB  
**TIME** 8.30AM  
**WHERE** LYSTERFIELD LAKE PARK  
**BRING** SWIMMING ATTIRE, BIKE,  
HAT, WATER, TOWEL AND SUNSCREEN



**CATEGORIES ARE**

**SWIM APPROX** 50 – 100 METRES  
**BIKE** 9.5KM  
**RUN** 3KM

**NO COST FOR FEBRUARY BOOTCAMP TROOPS OR UNLIMITED NRG MEMBERS  
\$20.00 FOR CASUAL ATTENDANCE. ANY ONE NOT CURRENTLY TRAINING AT  
FITNESSNRG IS ALSO WELCOME.**

**BOOTCAMP GROUP ON THE 12KM NIGHT WALK FRI 19<sup>TH</sup> FEB**



## **DATES TO REMEMBER**

<b>SAT 27<sup>TH</sup> FEB</b>	<b>MINI TRIATHLON AT LYSTERFIELD LAKE 8.30AM</b>
<b>SAT 27<sup>TH</sup> FEB</b>	<b>LAST SESSION FOR FEBRUARY BOOTCAMP</b>
<b>MON 29<sup>TH</sup> FEB</b>	<b>MARCH BOOTCAMP BEGINS    COST \$150</b>
<b>MON 14<sup>TH</sup> MARCH</b>	<b>LABOUR DAY. CLASSES ON THE DAY ARE 9.30AM POWERBAR AND 7PM BOOTCAMP</b>
<b>THURS 24<sup>TH</sup> MAR</b>	<b>BOOTCAMP NIGHT WALK. LAST SESSION FOR MARCH BOOTCAMP.</b>
<b>THURS 24<sup>TH</sup> MAR</b>	<b>LAST DAY OF TERM CLASSES SCHOOL HOLIDAYS BEGIN</b>
<b>FRI 25<sup>TH</sup> MAR</b>	<b>GOOD FRIDAY NO CLASSES</b>
<b>SAT 26<sup>TH</sup> MAR</b>	<b>EASTER SAT NO CLASSES</b>
<b>SUN 27<sup>TH</sup> MAR</b>	<b>EASTER SUNDAY</b>
<b>MON 28<sup>TH</sup> MAR</b>	<b>EASTER MONDAY NO CLASSES</b>
<b>MON APRIL 4<sup>TH</sup></b>	<b>APRIL BOOTCAMP STARTS</b>
<b>MON 11<sup>TH</sup> APRIL</b>	<b>TERM 2 CLASSES BEGIN</b>

## **RECIPE      PROTEIN LUNCH BOWL**

1 BBQ chicken breast, sliced OR 70g piece of Atlantic salmon  
2 tablespoons hommus  
¼ avocado mashed  
1 boiled egg  
½ sliced cucumber  
6 baby tomatoes  
½ sliced red capsicum  
1 piece small wholemeal pita bread, cut into squares

Place individual ingredients into a Tupperware and enjoy mixed together or separate for a protein rich lunch bowl

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**Plumber**

Some of you may recognise this face. Gavin is a regular NRG Express and Bootcamp participant. You couldn't meet a nicer guy and he is our very first to advertise his business in the FitnessNRG newsletter. He has a great reputation and very reliable so give him a call if you need any plumbing.

If you would like to advertise your business in the next newsletter email a pdf to [fitnessnrg@gmail.com](mailto:fitnessnrg@gmail.com) and we will put it in for you. ☺

*"I called 3 plumbers before I found Gavin. He arrived when he said he would, cleaned up after himself and the price was great."*

**Jessica McAlister**  
- Tecoma

*"We renovated our bathroom and Gavin gave us a lot of great advice. He worked with us to use the existing fittings and the result is fantastic."*

**Dave Thomas - Selby**