

# FITNESSNRG

INFO 20<sup>th</sup> JUNE 2016

CONGRATULATIONS TO THESE  
TWO WONDERFUL PEOPLE

**CHRIS AND IAN ARE GETTING  
MARRIED THIS SATURDAY 25<sup>TH</sup>  
JUNE !!!**



FROM EVERYONE HERE AT  
FITNESSNRG, WE WISH YOU AN  
AMAZING LIFE TOGETHER.

***“KEEP DANCING LIKE NO ONE IS WATCHING.  
KEEP SINGING LIKE NO ONE IS LISTENING.  
LOVE LIKE THERES NO TOMORROW”***

WE ARE SO HAPPY FOR YOU BOTH XX



## **“8 WEEK WEIGHT LOSS PROGRAM IS ON. STARTING JULY 11<sup>TH</sup> 2016”**

Hey guys are you struggling to maintain your weight and keep your motivation to exercise during the colder weather?

Do you need to kick start your metabolism and re-ignite your enthusiasm?

Well, you can do it starting Monday 11<sup>th</sup> July.

For the first time we are bringing you the 8 Week Weight Loss program mid-year.!!!

This program works !!!

It will give you the tools to take control of your eating habits and give you all the group classes on the timetable to come and go as many times as you like. You will receive a manual to record your food and also record your weekly weigh ins. Detox Food Plan and examples of calorie food plans are included. You will be given a set calorie intake per day.

For those people who usually jump into the end of year challenge, you can start now. And if you do both the July and end of year challenges there is a prize at the end of the year to who drops the most weight in 6 months.

The cost of the 8 Week Challenge is \$495

If you want to do the challenge and train for the whole 10 week Term the cost is \$580.

### **TERM 3 CLASSES**

Term 2 is coming to an end so we are currently preparing for the Term 3 classes. If you are jumping into any classes next term please write your name on the lists in the gym so we can prepare and confirm the classes.

<b>BOOTCAMP</b>	<b>4 WEEKS</b>	<b>\$150</b>
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MON / WED 7PM
SAT 9.30AM

<b>PT GROUP CLASS</b>	<b>10 WEEKS</b>	<b>\$135 each class</b>
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MON 9.30AM	POWERBAR	\$135
TUES 6AM	NRG EXPRESS	\$135
TUES 5.30PM	POWERBAR	\$135
TUES 6.30PM	CORE	\$135
WED 9.30AM	STEP/ABS/BUTT	\$135
THURS 6.30PM	POWERBAR	\$135

<b>KIDZ FITNESS</b>	<b>10 WEEKS</b>	<b>\$100</b>
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WED 3.45PM
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## TERM 3 CLASSES CONT...

**HI NRG FOR TEENS 10 WEEKS \$100**

WED 4.30PM

**UNLIMITED NRG 10 WEEKS \$440**

This exclusive membership gives you the flexibility and full access to choose your classes when you want them - week by week. Unlimited NRG Membership means you can jump into any Bootcamp session or any PT group class on the timetable.

## UNLIMITED NRG CLASSES

<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THURS</b>	<b>FRI</b>	<b>SAT</b>
	6.00AM <b>NRG EXPRESS CIRCUIT</b>				
9.30AM <b>POWERBAR</b>		9.30AM <b>STEP/ABS BUTT</b>			9.30AM <b>BOOTCAMP</b>
	5.30PM <b>POWERBAR</b>				
	6.30PM <b>CORE AND STRETCH</b>		6.30PM <b>POWERBAR</b>		
7PM <b>BOOTCAMP</b>		7PM <b>BOOTCAMP</b>			

# FITNESSNRG CLOTHING CLEARANCE..... EVERYTHING ON THE RACK IS NOW \$20 EACH.....

## RECIPE NATURAL ENERGY BAR

Finding healthy snacks on the go is a big challenge, This is a delicious recipe for energy bars that you can make, freeze individually wrapped, and throw one in your bag when you leave for the day. By that 3 pm hunger strike, you'll be armed and ready.

### INGREDIENTS

- 1 cup dried apricots
- 1 cup dried figs
- 1 cup dates
- 1/2 cup raisins
- 1 cup unsweetened coconut
- 1/2 cup almond or cashew butter
- 1/2 cup honey

Grind apricots, figs, dates and raisins in food processor or mash by hand. Add unsweetened coconut. Mix almond butter and honey. Combine the fruit mixture and almond butter mixture. Form into bars or balls and chill in refrigerator.

## PERSONAL TRAINING

FitnessNRG provides affordable Personal Training for all ages. We have kept our fees low and they have remained the same since 2008. These sessions are a great way to receive full attention in each training session. It's designed for those who need and want the one on one training for a number of reasons. Some of those reasons are to strengthen and correct bad posture, rehabilitation due to injury, weight loss, tone up, general fitness etc..

You can train with a friend or a partner as well.

Costs are:

One person	1hr	\$50
One person	½ hr	\$40
Two people	1hr	\$60
Three people	1hr	\$60
Four people	1hr	\$80

\* Please note that there are only a number of hours per day available for Personal Training. We know how important your training is to you and it is also important to us.

**24 hrs notice** is required if you cannot make your Personal training session.

Because of unlimited hours we require 50% payment if you cancel your session at short notice. This is paid when you have your next training session.

e.g. If you do one on training and cancel less than 24hours, your next session will cost \$75. Sorry guys but some people miss out when they need to change their times and we don't have one available because a permanent time is taken. Most people want to train in the morning and evening which leaves very little availability sometimes. ☹

We try very hard to keep you guys happy 😊😊

## ABDOMINAL CRUNCHES

The front crunch is a commonly performed exercise that will help build muscular strength and endurance throughout the core – if you perform it correctly. This move is all about the mind-muscle connection. You need to really focus on just squeezing those abs as you let the upper body rise up into the crunch position and then lower it back down again. Never pull on the back of your head with your hands or swing the body upward using momentum in this movement as well. Slow, controlled, and steady – that needs to be how this exercise is performed.

DON'T FORGET WE HAVE A CORE AND STRETCH CLASS TUESDAYS AT 6.30PM. THE CLASS IS DESIGNED TO STRENGTHEN THE ABDOMINAL AND LOW BACK MUSCLES. WE FINISH THE CLASS WITH A LONG STRETCH TO HELP KEEP MUSCLES LONG AND FLEXIBLE INCREASING OUR ABILITY TO PERFORM TASKS AND REDUCING RISK OF INJURY.

# LIFE SPACE HEALTH PRODUCTS

FitnessNRG is a supplier of Life Space products. They are an excellent and high quality product made in Australia. If you would like to order any of these products please let me know by Thursday 19<sup>th</sup> May. All orders must be paid for when ordering.

Check out [www.healthy-lifespace.com](http://www.healthy-lifespace.com) . I can sell them to you for 25% off their website cost. I've also given some examples of their products below in this newsletter.

## 25% OFF LIFE SPACE PRODUCTS



Life Space Probiotic 60 Caps  
Pregnancy Breastfeeding  
~~\$41.99~~

**FitnessNRG Price \$31.50**



Life Space Broad Spectrum Probiotic  
60 Capsules  
~~\$38.99~~

**FitnessNRG Price \$29.25**



Life Space 100 Billion  
Powder Probiotic 30 Gram  
~~\$47.99~~

**FitnessNRG Price \$35.99**



Life Space 60+ Years Probiotic  
60 Caps  
~~\$38.99~~

**FitnessNRG Price \$29.25**



Life Space Baby  
Probiotic 60g  
~~\$41.99~~

**FitnessNRG Price \$31.50**



Ocean Essentials 500mg  
Red Krill Oil 60 Capsules  
~~\$36.99~~

**FitnessNRG Price \$27.75**



Elmore Oil 250mL Twin Pack  
~~\$59.99~~

FitnessNRG Price \$44.99



FitnessNRG Price \$29.99

Ocean Essentials Krill + Curcumin  
60 Capsules  
~~\$39.99~~



FitnessNRG Price \$20.15

Elmore Oil Cream Pack

~~\$26.90~~

~~\$26.90~~



FitnessNRG Price \$20.15

Elmore Oil Sports -50mL Twin Roll on Twin Pack



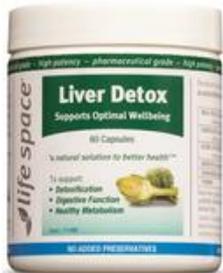
Elmore Oil Arthritis Family  
~~\$65.00~~

FitnessNRG Price \$48.75



Lifespace Spirulina Energy 100 Tablets  
~~\$29.99~~

FitnessNRG Price \$22.50



Life Space Liver Detox  
60 VegeCaps  
~~\$24.99~~

FitnessNRG Price \$18.75



Life Space Immune Boost Liquid 500mL  
~~\$29.99~~

FitnessNRG Price \$22.50