



FitnessNRG Info

15th August 2011

fitnessNRG.com.au

COMING SOON

"HIP HOP CLASSES" WITH NARELLE

THURS 6PM

OPEN AGE MALE & FEMALE

1HR \$15

PLEASE CONTACT CHERYLE IF INTERESTED !!!!!

BOOTCAMP NEWS

10KM NIGHT WALK FRIDAY 12TH AUGUST

What an amazing effort ...!!! 18 people turned out for the 10km night walk. It was a freezing cold night with temperatures dropping to 4 degrees .. We started off up the track passing kangaroos and seeing little circles of light amongst the bushes which could only be foxes eyes, watching the Bootcamp Troops walk amongst the night time wild life. 18 headlamps making their way along the dark track. .. The group soon split up into individual groups chatting as they walked up and down little hills to reach the halfway mark which was a steady climb !!!! Thanks everyone for your support of another of Saarge's crazy ideas. It was a fun way to end the last Bootcamp. It has been reported that some of you had aching muscles the day after...????

HIGHEST JULY/AUGUST BOOTCAMP ACHIEVER

CAROL STREETER



2ND HIGH ACHIEVER RACHEL SMITH

3RD HIGH ACHIEVER NARELLE WALSH

"GO GIRLS !!!!!!!!!!"

REMINDER

FRIDAY NIGHT BOOTCAMP THIS WEEK INSTEAD OF SATURDAY MORNING

6.30PM – 7.30PM

DATES TO REMEMBER

WED 17 TH AUGUST	BOOTCAMP STARTS
THURS 8 TH SEPT	LAST SESSION FOR TERM CLASSES
MON 12 TH SEPTEMBER	BOOTCAMP ENDS
THURS 15 TH SEPTEMBER	SARGE LEAVING TO PLAN AND ORGANISE “2012 BOOTCAMP IN VANUATU”
SCHOOL HOLIDAYS	24 TH SEPTEMBER – 9 TH OCTOBER
MON 10 TH OCTOBER	BOOTCAMP STARTS
TUES 11 TH OCTOBER	TERM 4 GROUP CLASSES BEGIN

FOOD TIP

What is the best type of snack? One that will keep you full for 2-3 hours. This is the simple question you need to ask yourself when you find yourself hungry mid afternoon and about 2 minutes away from a vending machine purchase. Muesli bars, biscuits, rice crackers and toast may all seem like appropriate snack choices but the truth is that they are not filling, which is why you can eat so much of them. Look for options that are bulky and contain protein as well as take a long time to chew and you will be on the right track. My Top 5 Snacks

1. 2 Rye Cruskits with feta/ricotta and a whole tomato or cucumber sliced on top
2. Ham and cheese Mountain Bread Wrap
3. 100g natural yoghurt with 10 nuts and ½ cup berries
4. Small skim Latte + 2 corn thins with cheese
5. Hydroxy Low Carb Bar and a green tea

GROUP CLASS SESSIONS AVAILABLE

Tues	9.30am - 10.30am	Step/ Abs & Butts
	4.30pm – 5.30pm	PowerBar Training
	6.30pm – 7.30pm	Cardio/Core
Thurs	9.30am – 10.30am	Cardio/Bar
	8.00pm – 9.00pm	“Zumba”





COME AND SUPPORT THE UNDER 11'S BELGRAVE STH JUNIOR FOOTBALL TEAM PLAY IN THE SEMI-FINALS

SUNDAY- 9.45AM

GEMBROOK COCKATOO JUNIOR FOOTBALL GROUND

MOUNTAIN RD RESERVE

COCKATOO

COACH - COLIN MCGILL (BOOTCAMP TROOP)

