

# FitnessNRG Info

20<sup>th</sup> June 2012

fitnessNRG.com.au



## TERM 3 CLASSES

Term 3 classes will commence Tuesday 17<sup>th</sup> July and run for 10 weeks till Thursday 20<sup>th</sup> September. If you are interested in joining a group please let me know soon as possible. The cost will be \$135 for 10 classes /10 weeks . Below is a list but I am open for suggestion if you have a style of class you would like to include

### CLASSES CURRENTLY AVAILABLE IN TERM 3

TUES 9.30AM Cardio/Box/Bar

TUES 5.00PM Powerbar

TUES 7.00PM Powerbar

WED 4.00PM Dance

THURS 9.30AM Step/Abs/Butts

THURS 7.00PM Core Extreme

### DANCE GROUP 4PM WEDNESDAY'S

Great job. Abbey, Amy, Brylie, Ella, Hayley and Isabelle. The girls in Narelle's dance group have displayed some great moves in the studio, giving a performance to the mums after each lesson. It's a credit to Narelle who is an awesome dance teacher . Please let Narelle or Cheryle know if your child is resuming or interested in dance lessons in Term 3. The term is 10 weeks starting Wednesday 18<sup>th</sup> July till 19<sup>th</sup> September. Cost is \$135.00

### BOOTCAMP NEWS

We are well into the June Bootcamp.. You have embraced all I have given you . Thanks guys. Tonight is the train in your PJ's session. It should be interesting !!!!! My photographer will have pics for you to peruse over, Next week !!!!

**A GROUP PHOTO WILL BE TAKEN THIS SATURDAY 23<sup>RD</sup> JUNE AT CARDINIA RESERVOIR AFTER THE SESSION. COME ALONG WEARING YOUR BEST CAMO.**

### **BOOTCAMP IN BALI 2013**

*Very soon I will be organising final details and advertising this fantastic adventure. To give you a brief outline, it will be mid year 2013 . 5 nights 6 days. I will have a full outline very soon . If you are interested please let me know which month/s would suit you.*

# NARELLE'S DANCE GROUP

## 4PM WEDNESDAY



PT FitnessNRG

0419535720

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