

# FITNESSNRG<sup>PT</sup>

INFO 19<sup>th</sup> March 2013

## . DATES TO REMEMBER

Last 2 week Bootcamp Session	Mon 25 <sup>th</sup> March
Open "Easter Theme" Box Class	Wed 27 <sup>th</sup> March Cost \$15
Last Term Group Session	Thurs 28 <sup>th</sup> March
Good Friday	Fri 29 <sup>th</sup> March
Easter Sunday	Sun 31 <sup>st</sup> March
PT clients resume training	Tues 2 <sup>nd</sup> April
Open Boxing Class \$15	Thurs 4 <sup>th</sup> April 7pm (NOT WED)
Open Boxing Class \$15	Wed 10 <sup>th</sup> April 7pm
Bootcamp Starts	Mon 15 <sup>th</sup> April 7pm

## 2 MORE WEEKS OF TERM CLASSES TO GO !!!!!

That's right there is only 2 weeks to go till the end of the term. I hope you have enjoyed your classes and got the most out of them. I will be taking names down for term 2 over the next couple of weeks. Please let me know ASAP if you want to jump in any. The term will be 10 weeks . Cost \$135. Starting Monday 15<sup>th</sup> April till Thurs 20<sup>th</sup> June. This is a week before school holidays as I will be taking a few of you across to Bali for a Bootcamp on the 23<sup>rd</sup> June. I need four people minimum to run each class.

## TERM 2 CLASSES START MON 15<sup>TH</sup> APRIL 10 WEEKS \$135

Monday	9.30am	Core Extreme	* New Class
Tuesday	5.00pm	PowerBar	
Tuesday	7.00pm	Core Extreme	
Wed	9.30am	Step/Abs/Butt	* New Time
Thurs	7.00pm	PowerBar	

## BALI BOOTCAMP UPDATE JUNE 23<sup>RD</sup> - 28<sup>TH</sup> 2013

Its getting closer to our departure to the beautiful hills of Bali. Just on 3 mths and we will be trekking up to a volcano, training amongst the villages and enjoying the beautiful retreat and exotic food. I hope you have booked all flights. Please have another read of the information I have supplied so you can start to prepare and organise what to bring along. If you need another copy ,I have plenty or you can print it off my website. I can also offer a pay off system where you can pay an amount each week to finalise full payment.

**THERE IS A WHISPER A PARTICIPANT MAY HAVE TO PULL OUT DUE TO A CHANGE OF JOB, WHICH MEANS THAT THERE WILL BE A SPOT AVAILABLE FOR A COUPLE OR A SINGLE PERSON. SHOUT OUT IF YOU THINK YOU MAYBE INTERESTED. THE SPOT WILL GO QUICKLY ONCE I PUT IT OFFICIALLY OUT THERE. COST IS \$1495. REQUIRE \$500 DEPOSIT** ( Does not include airfares)

## 2 WEEK BOOTCAMP TRAINING DATES

Wed 13 <sup>th</sup> Mar	Box/Battle	7.00pm	Sarges Barracks
Sat 16 <sup>th</sup> Mar	Battle Combat	9.30am	Cardinia Reservoir
Mon 18 <sup>th</sup> Mar	Battle Fatigue	7.00pm	Birdsland
Wed 20 <sup>th</sup> Mar	Box/Battle	7.00pm	Sarges Barracks
<b>FRI 22<sup>ND</sup> MAR</b>	<b>TWILIGHT WALK</b>	<b>Meet at car park outside Birdsland....6.30pm</b>	
Mon 25 <sup>th</sup> Mar	Boot March	7.00pm	Meet at Tennis Crts. Colby Drv