

## LOOK WHATS NEW !

**\*INTRODUCTORY SPECIAL \$25 EACH OR 2 FOR \$40** T-SHIRTS ARE NOW AVAILABLE TO PURCHASE THERE ARE LIMITED NUMBERS OF DIFFERENT SIZES  
FIRST IN "BEST DRESSED" SO TO SPEAK



## DATES TO REMEMBER

MON 13<sup>TH</sup> MAY  
MON 20<sup>TH</sup> MAY  
WED 19<sup>TH</sup> JUNE  
THURS 20<sup>TH</sup> JUNE  
SUN 23-28 JUNE  
WED 3<sup>RD</sup> JULY  
MON 15<sup>TH</sup> JULY  
TUES 16<sup>TH</sup> JULY

LAST SESSION OF APRIL/MAY BOOTCAMP  
START OF MAY/JUNE 4 WEEK BOOTCAMP \$150  
LAST SESSION OF MAY/JUNE BOOTCAMP  
LAST TERM 2 SESSION  
**"BALI BOOTCAMP" 3 SPOTS STILL AVAILABLE**  
FITNESSNRG PT TRAINING RESUMES  
BOOTCAMP STARTS  
TERM 3 CLASSES START

## BOOTCAMP SAT 11<sup>TH</sup> MAY



**“WE WORE PINK FOR BREAST CANCER AWARENESS”**



Thanks troops for coming out in pink to support Breast Cancer awareness !. We had such great weather to sweat it out up and down those hills at Birdsland . I hope those pink ribbons tied along posts and park benches gave you inspiration to push that little bit more. A special mention to Lindsey and Lisa who know only TOO well the effects of this disease and to Erin and Mick who came on Saturday and wore pink in support of a loved one. Thanks to **all** of you supporting this session.

Last but not least

Thanks to Craig who tied those ribbons along the track for me..

### **FITNESSNRG NIGHT OUT !**

**WHERE :** Mt. Dandenong Hotel Olinda

**WHEN:** Saturday 18<sup>th</sup> May

**DINNER:** 7pm Must let Cheryle ( Sarge) know if coming

**BAND STARTS:** 8.30pm Jack Milligan (Acoustic)

**Swamp Donkey ( Trev from Bootcamp)**

**HOPE TO SEE YOU ALL THERE**