

Hi All,

I am writing this newsletter from Byron Bay. What a fabulous place this is. So much colour. You can't help but become totally chilled with the earthiness of this beachside town and the sound of music is around every corner. The walking track (which became our running track) to the lighthouse is a challenge. It makes 1000 steps seem easy haha...

## BOOTCAMP RESUMES THIS MONDAY 20<sup>TH</sup> NOV

We are nearing the end of another year. A big THANKYOU to each of you who come to training week in week out. You have created such a positive and energetic atmosphere. The feedback we get is that you are all so supportive and encouraging of each other.

**THE ANNUAL FITNESSNRG CHRISTMAS PARTY IS ON SATURDAY DEC 2<sup>ND</sup> 7PM. WE HOPE YOU CAN COME ALONG AND RELAX WITH YOUR GYM BUDDIES. DETAILS BELOW IN NEWSLETTER.**

The 8 Week Weight Loss challenge has been an amazing journey this year. The private messenger group which was created to give support gave everyone a chance to express how they were going physically and emotionally. It has been a learning journey for most of us and a privilege to read the descriptive words of challenge and personal feelings. To change our mind set, it can bring up many emotional feelings. We need to remind ourselves that no one is perfect. We all have our struggles. I encourage you to read or buy the book *The Yamas and Niyamas* by Deborah Adele. She does mention God a few times in the book but regardless of cultural background you take from it the learning of wisdom. She covers the 10 jewels of Yoga's ethical practice in such a way that we can use these to help overcome any deep fears that affect us and others in our lives.

## DATES TO REMEMBER

MON 20 <sup>TH</sup> NOV – MON 18 <sup>TH</sup> DEC	NOV / DEC BOOTCAMP 4 WEEKS. COST \$150
FRI 1 <sup>ST</sup> DEC	<b>FINAL WEIGH IN FOR 8 WEEK WEIGHT LOSS</b>  <i>From Mon Dec 4<sup>th</sup> all 8 week members can continue training until the end of term and pay \$15 per class or \$80 for the remaining 2 weeks of term.</i>
SAT 2 <sup>ND</sup> DEC 7PM	<b>FITNESSNRG XMAS PARTY. NO BOOTCAMP IS SCHEDULED FOR TODAY</b>
FRI 15 <sup>TH</sup> DEC	<b>BOOTCAMP NIGHT WALK</b>
MON 18 <sup>TH</sup> DEC	7PM BOOTCAMP LAST SESSION FOR 2017.
MON 8 <sup>TH</sup> – WED 31 <sup>ST</sup> JAN	<b>“SUMMER BOOTCAMP” (Details below)</b>
<b>PERSONAL TRAINING WILL CONTINUE THROUGHOUT DEC AND JAN</b>	

# XMAS PARTY

## SAT 2<sup>ND</sup> DEC 7PM



<b>TIME</b>	7PM
<b>WHERE</b>	87 COLBY DRV BELGRAVE HEIGHTS
<b>BRING</b>	DRINKS + YOUR PARTNER + SMALL PLATE TO SHARE + BATHERS IF HOT
<b>DRESS</b>	TO IMPRESS (Feel free to be creative)
<b>WHAT TO EXPECT</b>	*ACHIEVEMENT AWARDS  *2017 ULTIMATE HERO AWARD BOY AND GIRL  * MOST INSPIRING PERSON BOOTCAMP AWARD VOTED BY THE BOOTCAMP TROOPS.  *RAFFLE PRIZES DRAWN

# SUMMER BOOTCAMP

**\*SPECIAL\***

<b>WHEN</b>	MON 8 <sup>TH</sup> JAN – WED 31 <sup>ST</sup> JAN
<b>SESSIONS</b>	MON 7PM WED 7PM
<b>COST</b>	\$100



# FITNESSNRG ARE HAVING A XMAS PRIZE DRAW



**BUT ....**

**WE NEED GIFT DONATIONS FOR PRIZES!!!**

**THE MORE PRIZES WE GET THE MORE MONEY WE RAISE FOR OUR ANNUAL FUND RAISER FOR THE SALVATION ARMY AND **THE MORE CHANCE YOU HAVE TO WIN.** WE ARE AFTER ANYTHING YOU CAN OFFER. LOOK BELOW AT WHAT OTHERS HAVE ALREADY PLEDGED TO DONATE.**

**WE RAISED \$711 LAST YEAR. OUR GOAL IS TO BEAT THAT THIS YEAR.**

**TICKETS ON SALE NOW!!! 2 FOR \$5**

**ALL THOSE DONATING WILL RECEIVE A FREE RAFFLE TICKET 😊**

**ALL PROCEEDS OF TICKETS GO TO THE SALVATION ARMY.**

**THANKYOU** TO THE FOLLOWING PEOPLE SO FAR FOR YOUR DONATIONS

**ALLANNA DOVE**

**“MY BOUQUET LADY” HAMPER**

**WOZ DOVE**

**“A SURPRISE”**

**LUMI BIBART**

**FABULOUS CUPCAKES**

**FITNESSNRG**

**2 X NUTRITION ASSESSMENT VOUCHERS**

**DAVID AND ALANA BILSTON**

**“PURE LIFE PHYSIOTHERAPY” VOUCHER**

**MARC AND MICHELLE WEINER**

**COLGATE GIFT PACK**

**JO PATTERSON**

**CANDLES FROM SCENT SATIABLE**

**DEB LAURENCE**

**HOME MADE GIFT CARDS**

**MICHELLE WEINER**

**POT PLANTS**

**LAURA EISELE**

**TWO BALES OF SUGAR CANE MULCH PLUS**

**SECATEURS**