

TERM 1 ENDS THURS 29TH MARCH 2018

TERM 2 BEGINS

MON 16TH APRIL – FRI 29TH JUNE 2018

IF YOU WANT TO KEEP TRAINING DURING SCHOOL HOLIDAYS WE CAN OFFER PERSONAL TRAINING. PUT A GROUP TOGETHER AND LET US KNOW WHEN YOU WOULD LIKE TO TRAIN.

COSTS ARE:



1 PERSON PER HR	\$50
2 PEOPLE PER HR	\$30 EACH
3 + PEOPLE PER HR	\$20 EACH

**TEMPTED BY EARLY EASTER EGGS?
CHECK THIS OUT!**

The supermarket shelves are starting to stock Easter treats. A single Easter Bun with butter (and choc chips) or 4-5 mini eggs contains an extra 250 calories. If you indulge in Easter treats for the next 4 weeks, you will gain at least 2kg or more. Be strong and leave the treats until Good Friday.



Eggs Selection	kJ	Fat	Exercise units
200g Easter Bunny	3740kJ	50g fat	2 hrs of running
2 Caramello Eggs	500kJ	6 g fat	15 min rowing
1 Crème Egg	718kJ	6g fat	45 min fast walking
100g Deluxe Bunny	2270kJ	33g fat	2 cycle classes
3 mini eggs	560kJ	7.5g fat	15 min skipping
Small hot cross bun (no butter)	600kJ	2 g fat	30min swimming
Large hot cross bun with butter	1200kJ	10g fat	30 minutes jogging
Choc chip hot cross bun	1100kJ	9g fat	30 min boxing class

HOW TO EAT CHOCOLATE AND NOT GAIN WEIGHT OVER THE EASTER WEEKEND.

1. Go for quality over quantity

While there is plenty of chocolate of around, there is also plenty of chocolate that is not necessarily your favourite, or that you get maximal pleasure from eating. The key with being able to indulge in high calorie food and not overeat is to mindfully use your calories on foods that you get maximal pleasure from. This means if you love the little solid eggs, wait until Easter, then eat as many as you like but then get straight back on track with your diet the following day. Or if you love Lindt chocolate, devour a bunny on Easter Sunday but don't waste your calories on little eggs all weekend. When you have permission to actually eat the type of chocolate you love, you will find you eat a whole lot less than when you are trying to constantly actively restrict your intake.

2. Sub in a meal

If chocolate is your thing, go for it, but most likely it means you do not need all your other meals as well. Often we eat the chocolate which may contain 600-1000 calories (in a bunny) and then keep eating all the other food on offer. If you want to eat chocolate, eat chocolate but chances are you do not need all the other buns, cakes and desserts as well.

3. Just move

Easter means that you have plenty of time to eat chocolate, but also plenty of time to move. Calories are far less of an issue when we are actively burning them off. Make the most of the holiday days and go for some long walks, factor in a run or gym session and simply work towards burning off some of the extra calories you have consumed.

4. Limit your chocolate to Easter Sunday

Even though Easter eggs have been available at supermarkets since Boxing Day, the truth is that Easter is one day. If you simply limit the bulk of chocolate consumption to Easter Sunday and get back on track with your diet on Monday, you will have no issue with weight gain.

5. Keep it out of sight

Much of our eating occurs because the food crosses our path – if you simply keep your chocolate out of sight, you will eat far less than if you keep it within easy reach at home. Then you will only look for it when you actually feel like it as opposed to the mindless munching most of us get roped into each and every day.

SUSIE BURRELL

TERM 2

PERSONAL TRAINING GROUP CLASSES

MON 16TH APRIL- FRI 29TH JUN 2018

10 WEEKS (Pls note that the school term is 11 weeks but we will be taking a very small break from Mon 14th May till Sun 20th May)

COST \$150 EACH

MON	9.30AM	POWERBAR
MON	10.30AM	YOGA
TUES	5.30PM	POWERBAR
TUES	6.30PM	CORE/YOGA
WED	9.30AM	STEP/ABS/BUTT
THURS	6.30PM	POWERBAR
THURS	7.30PM	YOGA

UNLIMITED NRG

STARTS MON 16TH APRIL – FRI 29TH JUNE

COST \$400

UNLIMITED NRG enables you to jump into any session in the Term Group classes and any Bootcamp session. You don't need to book, just turn up. This is a great way to experience all types of training and classes. We offer weigh in and measure at the start and end of the term for all Unlimited NRG and PT Group class members.

We at FitnessNRG try to deliver classes which are up to date in the fitness industry and also enjoyable. ☺

APRIL/MAY BOOTCAMP STARTS MON 16TH APRIL – SAT 12TH MAY

SESSIONS ARE MON & WED 7PM. SAT 9.30AM

BOOTCAMP RUNS FOR 4 WEEKS. COSTS ARE:



3 SESSIONS / WEEK \$150

2 SESSIONS / WEEK \$120

1 SESSION / WEEK \$80 (\$20 EACH SESSION)

2 SESSIONS / WEEK PLUS 1 PT GROUP \$180

THANK YOU FOR ALL YOUR ENTHUSIASM AND SMILES DURING
TERM 1. WE LOOK FORWARD TO SEEING YOU IN TRAINING
TERM 2.

ENJOY YOUR BREAK AND BE SAFE 😊

