



## WE HAVE CELEBRATED 10 YEARS OF BOOTCAMP...

We originally started Bootcamp in March 2008. During those days all the sessions were done outdoors regardless if it poured with rain or if it was frosty with mist. I can remember a night where we trained on the footy oval and we could not see anything on the other side of the oval. We have trained in mud, heat and rain. We have dressed in pink for Breast Cancer awareness, trained in our pyjamas and participated in FitnessNRG triathlons and biathlons. The Great Race was a fun activity but had to cease due to the dangerous car driving trying to reach destinations, all in the effort to win a race!! We have walked in the dark amongst the nightlife and enjoyed a sparkling shiraz watching the sunset at Trig Point lookout.

FitnessNRG went to Bali in 2013 to train and had Michael Klim jump in with us. It was over there we trekked up a volcano to watch the beautiful sun rise in the Bali hills. There is a great story and a video presentation of our time over there on our website [www.fitnessnrg.com.au](http://www.fitnessnrg.com.au).



2009



Bali Bootcamp 2013

FitnessNRG put a team together for Tough Mudder 2015 which was a great experience and was really hard !!!! The bond we made with each other will stay with each of us forever.



We have slept in tents taking it in turns for the Relay For Life 2015 event.

We have made great friends, cried, laughed and pushed through challenges. We ran a girl BootyCamp in 2008. Sat on the grass with champagne on cup day after one of our BootyCamp sessions. We have turned up for training dressed up for Halloween and celebrated Xmas with Santa turning up each year. One year was very hot and Santa in his costume did the Birdland session !!. He expired very quickly having to reveal his identity taking off the costume. Craig makes a great Santa and has always been a great support for the FitnessNRG team. Jack started training in the Bootcamps at 11 years of age and is now a trainer at FitnessNRG.

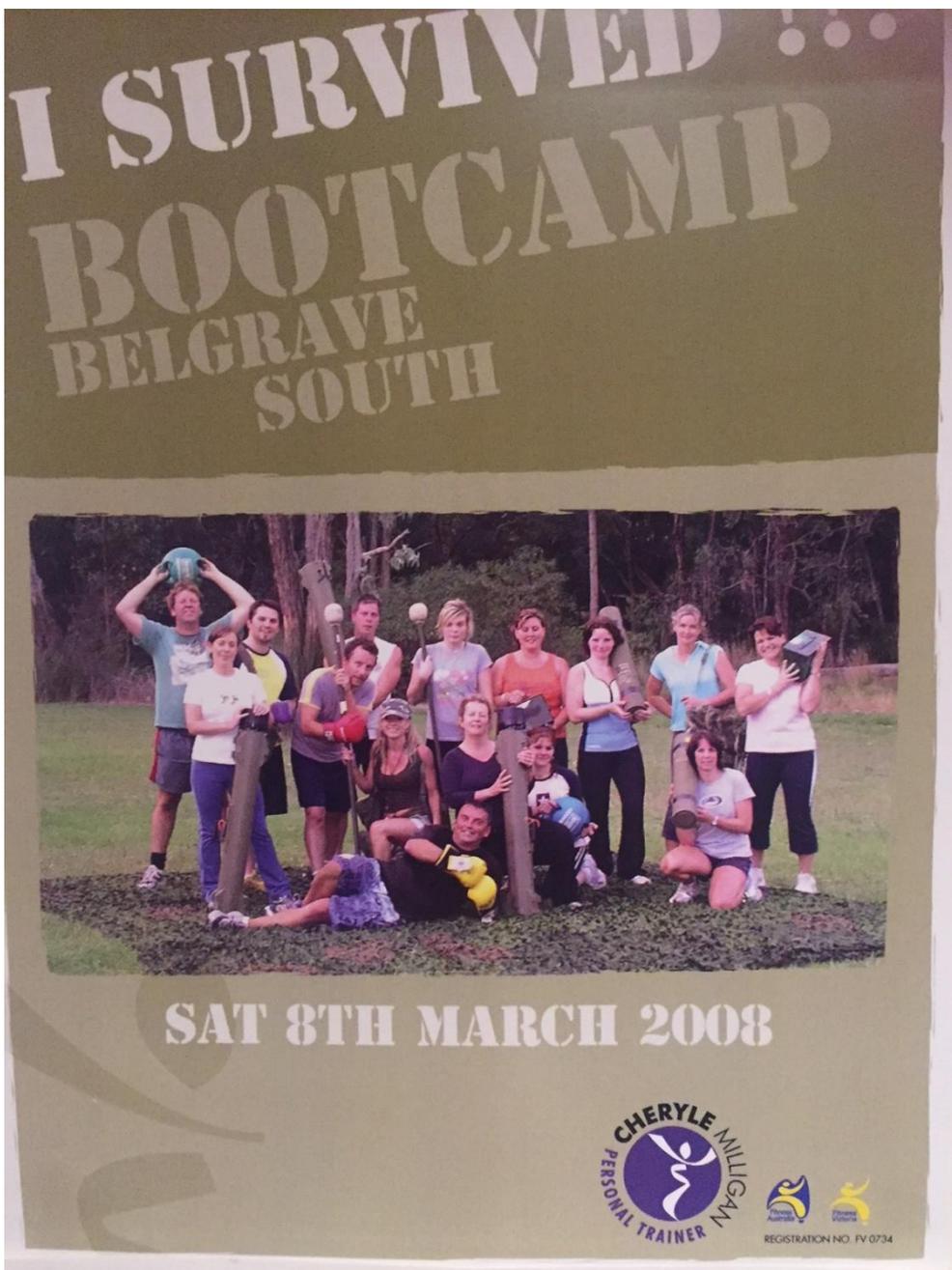




2014



2015



This is a pic of the very first Bootcamp in 2008. Back then the business as we know it today as FitnessNRG was named Cheryle Milligan Personal Training.

Some of the people in the photo are still training at FitnessNRG in 2018.

This is when Ian Maling (Rear left in photo with medicine ball) and Colin McGill (lying down) came up with the name Sarge !!

The name Sarge has stuck and I am still called Sarge 10 years later.

Thankyou to each and every one of you for your support throughout the last 10 years. I have personally made lifetime friendships and you guys have been there for me when I have needed a lift.

I have met some incredible people and had so much fun along the way.

I hope you will continue the Bootcamp journey for the NEXT 10 years !!!

Thankyou Cheryle ( Sarge) ☺

# 6 WEEK MAY/JUNE BOOTCAMP STARTS MON 21<sup>ST</sup> MAY – FRI 29<sup>TH</sup> JUNE

**3 X SESSIONS/WEEK    \$225**

**2 X SESSIONS / WEEK    \$180**

**1 X SESSION / WEEK    \$120**

**This Bootcamp will run for 6 weeks instead of 4 weeks to bring us to the end of Term 2..**

On this timetable we are holding a Run and Ride event which will be a 2km run/walk and an 18km bike ride. You will also have an option for doing a 6km walk/run if you don't want to ride a bike. It is held in the gorgeous Churchill National Park with lots of tracks and possibly a few kangaroos.. You don't need to be over fit just willing to enjoy the outdoors at your own pace.

Bootcamp has a variety of different training styles. Check the Bootcamp schedule on our website [www.fitnessnrg.com.au](http://www.fitnessnrg.com.au) for current classes.

It is a great all-rounder providing NRG FIT classes which are a HIIT training class. Boxing, circuit, outdoor walks, weights, core, fun biathlons, triathlons and Bootcamp drills using army equipment are a few of the training classes.

**You do not have to be fit to jump in. You just need to start.!**

### BOOTCAMP TIMETABLE

MON	TUES	WED	THURS	FRI	SAT
					9.30AM <b>BOOTCAMP</b>
7PM <b>BOOTCAMP</b>		7PM <b>BOOTCAMP</b>			

## REMINDER:

Cheryle is having a very small break.

Term 2 Group Classes won't run from Monday 14<sup>th</sup> May till Thursday 17<sup>th</sup> May.

All classes resume Monday 21<sup>st</sup> May.

Jack Milligan is taking all the Personal Training appointments in that week.

# UNLIMITED NRG TERM 2 MEMBERSHIP

TERM 1 MON 16<sup>TH</sup> APRIL - THURS 29<sup>TH</sup> JUNE 2018

Unlimited NRG is a term membership. It came about for those who wanted to have a choice of classes each week choosing from Bootcamp to Core Classes, Powerbar, Step and Yoga.

It gives you flexibility to try everything we offer. You can jump into all of them.

There is no limit !

You can decide which classes to come to each week.

Unlimited NRG runs for the school term. Please note that there are no PT group classes Monday 14<sup>th</sup> May – Thursday 17<sup>th</sup> May. There are still 10 weeks of training during the term.

MON	TUES	WED	THURS	FRI	SAT
9.30AM <b>POWERBAR</b>		9.30AM <b>STEP/ABS BUTT</b>			9.30AM <b>OUTDOOR BOOTCAMP</b>
10.30AM <b>BEGINNER/ RELAXATION YOGA</b>					
	5.30PM <b>POWERBAR</b>				
	6.30PM <b>CORE / YOGA</b>		6.30PM <b>POWERBAR</b>		
7.00PM <b>BOOTCAMP</b>		7.00PM <b>BOOTCAMP</b>	7.30PM <b>YOGA</b>		