

FITNESSNRGTM

4th March 2020

RIP GLENN PATON

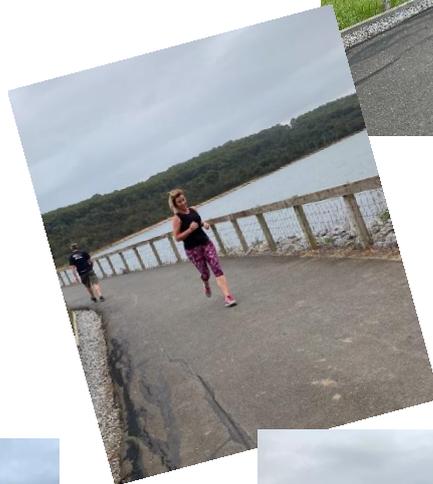
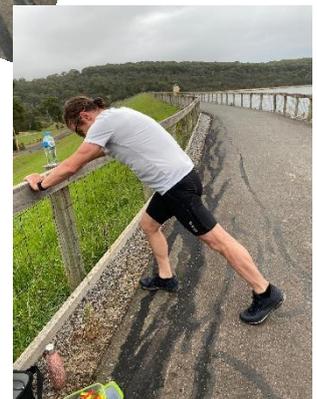
It is great sadness hearing about the sudden death of one of our past FitnessNRG members. Glenn was a terrific person with a genuine and positive nature. He passed away from a brain aneurysm on the 29th Feb 2020.

Our sincere and deepest condolences go out to his wife Lucie and their children Jack and Molly.



MINI TRIATHLON 29TH FEBRUARY 2020

We kicked off at 8.30am in the morning. The weather was overcast and mild. Craig, Warren and Peter started the event with a 50 metre swim. Then it was a race to the bikes. The bike track was approx. 10km and had a couple of mean hills. The run was a 3km distance and those who didn't want to do the full Triathlon did a 5km run instead. Great job everyone. The event is all about giving it a go and we always end up having a great time. Thanks for coming along 😊



DATES TO REMEMBER

4TH MARCH WED	Last Bootcamp for February / March
9TH MARCH MON	“Labour Day” No sessions are on today
11th MARCH WED	March / April Bootcamp starts
17th MARCH TUE	“ST PATRICK’S DAY” Wear green to training
27th MARCH FRI	Term 1 ends
6TH APRIL MON	Last Bootcamp for March / April
10th APRIL FRI	“GOOD FRIDAY”
13TH APRIL MON	“EASTER MONDAY”
14TH APRIL TUES	Term 2 begins UnlimitedNRG begins Term 2 Group classes begin
15th APRIL WED	April /May Bootcamp starts

MARCH / APRIL BOOTCAMP

STARTS	WED 11 TH MARCH
ENDS	MON 6 TH APRIL
COST	\$110 (There are 8 sessions NOT 12 in this Bootcamp)



HOW DOES YOUR MAXIMUM PUSH-UP RATE?

push-ups completed

	AGE				
RATING	20-29	30-39	40-49	50-59	60+
Excellent	>54	>44	>39	>34	>29
Good	45-54	35-44	30-39	25-34	20-29
Average	35-44	25-34	20-29	15-24	10-19
Fair	20-34	15-24	12-19	8-14	5-9
Poor	<20	<15	<12	<8	<5

SOME OF THE REASONS WHY WE EXERCISE

When endorphins are released into your bloodstream during exercise, you feel much more energized.

Exercise increases energy levels and increases serotonin in the brain, which leads to improved mental clarity,

Exercise produces a relaxation response that serves as a positive distraction. It also helps elevate your mood and keep depression at bay

Group training starts great friendships. For long-term weight loss, you need to have social support

Research has shown that exercise can slow or help prevent heart disease, stroke, high blood pressure, high cholesterol, type 2 diabetes, arthritis, osteoporosis (bone loss), and loss of muscle mass.

Your heart and cardiovascular system will function more effectively

“With a goal of losing weight and enhancing health, exercise has to become a part of a person's life, not an afterthought”

UNLIMITED NRG AND 8 WEEK CHALLENGE CLASSES

MON	TUES	WED	THURS	FRI	SAT
		9.30AM STEP/ABS BUTT			9.30AM OCCASIONAL CHECK TIMETABLE
	5.30PM POWERBAR		6.30PM POWERBAR		
	6.30PM CORE / YOGA		7.15PM YOGA		
6.30PM BOOTCAMP NRG FIT		7.00PM BOOTCAMP		OCCASIONAL NIGHT WALK	

All **new members** to FitnessNRG are required to undergo a 1 hr fitness assessment before commencing. The assessment involves cardio fitness testing, core strength test, upper body strength test, blood pressure and flexibility test. We also do body measurements and bioelectrical impedance analysis which reads bodyweight, body fat %, muscle mass in kg's, water %, body type, visceral fat reading and biological age. We discuss any previous or existing injuries you may have so that we can modify your exercise if needed. These assessments are a great start to anyone's physical journey so that you/we can gauge improvements as you go. The assessment cost is \$60 and can be shared with a friend or family member for \$70 (\$35 each). Any member of FitnessNRG can book these at anytime. 😊