



FitnessNRG Info

March 13th 2012

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“2 MORE WEEKS LEFT OF TERM 1 CLASSES”

- LAST CLASS FOR TERM 1 IS MON 26TH MARCH 5PM BOXING
- CURRENT BOOTCAMP ENDS MON 2ND APRIL
- GOOD FRIDAY APRIL 6TH
- EASTER SATURDAY 7TH APRIL
- EASTER MONDAY 9TH APRIL
- TERM 2 CLASSES COMMENCE MONDAY 16TH APRIL
- APRIL/MAY BOOTCAMP STARTS MONDAY 16TH APRIL
- “NEW CLASS **CORE STRENGTH/CARDIO**” STARTING TERM 2 THURS 7PM

DANCE CLASSES 4PM WEDNESDAY

Dance classes are run by Narelle 4pm Wednesdays. They are 1hr in duration and provide a fun and intimate class for girls wanting to explore different styles of dance in a fun environment. The next term of classes commence Wednesday 18th April – Wednesday 27th June. They will run for 11 weeks . Cost is \$150. Book in now !!!



TERM 2 GROUP CLASSES

MON 16TH APRIL – THURS 28TH JUNE

<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
MON	5.00PM	<i>BOXING</i>	GUY
TUES	9.30AM	<i>BOX/CARDIO/BAR</i>	CHERYLE
TUES	5.00PM	<i>POWERBAR</i>	CHERYLE
TUES	7.00PM	<i>POWERBAR</i>	CHERYLE
WED	4.00PM	<i>DANCE CLASSES</i>	NARELLE
THURS	9.30AM	<i>STEP/ABS/BUTTS</i>	CHERYLE
THURS	7.00PM	<i>CORE STRENGTH /CARDIO</i>	CHERYLE

ARE YOU GETTING BREAKFAST RIGHT?

One of the biggest food issues that I observe with some people is not getting the right nutrient balance at breakfast. Too much carbohydrate relative to protein is likely to leave you with an insulin peak an hour or two after breakfast and subsequent overeating and sweet cravings throughout the morning. Check your nutrient balance with these breakie combos to see that you may need to bump your protein intake up to 15-20g to ensure you are kept full and achieving optimal insulin and glucose control throughout the morning

BREAKFAST	TOTAL CARBS(g)	PROTEIN (g)
2 Burgen toasts + 2 eggs	24	20
2 Burgen toasts +1/2 cup cottage cheese	30	20
1 Burgen + 130g baked beans	24	13
½ cup Bran + 1 cup milk	26	15
Muesli + fruit + yoghurt	45	10
Fruit and yoghurt	30	10
Avocado on toast	30	2
200ml skim milk + 1 tsp BodyforWomen	15	25
Ham and cheese on 1 Burgen	12	15
Oats	24	5
Oats with 1 tsp BSc BodyforWomen	20	18

The only food trick you will ever need.

If there is one food tip to take is eating enough vegetables and salad. While many of us know that we should be eating more fresh vegetables and salad, busy lifestyles and punishing schedules can mean that we easily forget this component within our meals. A simple yet powerful dietary habit to build to help ensure that you get all of the vegetable bulk that you need on a daily basis is to get yourself into the habit of packing a vegetable box each day. Simply chop up some celery, carrot, cucumber or whatever you fancy each day (or night) and get into the habit of taking it with you to work. Not only will you feel fuller, but you are more likely to keep on top of your weight when you are eating an extra 2-3 cups of fresh salad vege every single day.