

FITNESSNRG^{PT}

INFO 17th SEPTEMBER 2012

TERM 4 CLASSES

Term 3 group classes end this week. Thanks to all the participants who trained hard throughout the 10 weeks. It seems to have flown by. There were lots of groans and a lot of laughter during the classes. I hope you enjoyed your 1 hour of many emotions as much as I did. Term 4 classes commence the week starting Mon 8th October. Please write your name on the list in the gym if you would like to do any of the term 4 classes. Feel free to suggest any style of class or time of class. I need your input to run these successfully. A minimum of 4 participants is required to run each class. The term runs for 9 weeks. The cost will be \$120 for each term class. (9 classes in total) Please note that there is a complimentary class in that cost which allows you to miss one class. Any classes missed can be caught up by joining in any other group class available throughout the term.

BOOTCAMP

There are two more 4 week Bootcamp's for 2012. Dates are
Mon 8th Oct – Sat 3rd Nov
Sat 10th Nov – Wed 5th Dec
Cost is \$150 for each

With daylight savings starting in October we will be utilising more of outdoor training on Monday night sessions. Wednesday will remain as Box & Battle. Saturdays will be outdoors. Keep in mind that the mosquitoes love the troops so it may be a good idea to keep that repellent handy and sunscreen when it gets warmer.

BIGGEST LOSER BOOTCAMP CHALLENGE

This is a great opportunity if you want to lose a few kilos or inches before Christmas. It runs for 8 weeks and training will be with the regular Bootcamp group. The cost is \$450 and the ultimate winner will receive \$500 in cash!! If you are thinking about doing it I suggest to do this one as it has been costed extremely well and won't be offered at this price again. I am putting a lot of work into the program. You will receive everything you need to reach your goals, including food plans, stacks of reading information to motivate you through those 8 weeks, weekly weigh ins and most of all you will achieve being a few kilos less feeling more energised and healthy. Give it a go. !! What do have to lose except a few kilos. Ha I had to add that in !!! Need a minimum of 10 to run the program so get your friends on board.

XMAS PARTY FRI 7TH DEC 8.00PM

Put this date in your diaries!!!! FitnessNRG break up party this year will be a cocktail party at Saarges Barracks. Dress in your best outfits. I will fill you in with more details later but start planning what to wear girls.. Lets dress up!!! You too boys. Please note that your partners are also invited. Unfortunately I can't extend the invite to young children.. Sorryyy.

