

Merry Christmas

FITNESSNRG[®]

INFO 26th November 2012

XMAS PARTY RSVP NOW !

If you are coming to the Christmas party please let me know "NOW".

Come along and let your hair down. Awards will be given out and the winner of The Biggest Loser will be announced receiving \$500 cash !!!!!!!!



Its all happening at "The Barracks" (87Colby Drv) The theme is "Cocktail Party". Dress in your best outfits. "Boys" let's see some men in suits ! To make this event a success there will be bar staff available to mix cocktails from 8pm -12pm .Live entertainment , with local talent Purdy Goodwin, the one and only Jack Milligan and of course Craig Milligan . The FitnessNRG dance girls will put on a performance and we will dance the night out with DJ Cory Porter.

If everyone brings a small plate of cocktail nibbles it would be a "HUGE" help. You will be asked to bring your own special cocktail glass and a bottle of liquor which is decided after you RSVP. Please RSVP as soon as possible by writing your name on the board in the gym or text me. Pls note Partners welcome. Unfortunately the event won't be suitable for children. The dance class and young PT clients are welcome but if parents could please supervise that would be appreciated. Thanks

DATES TO REMEMBER

LAST BOOTCAMP SESSION 2012

WED 5TH DECEMBER

LAST DANCE CLASS 2012

WED 5TH DECEMBER

"XMAS PARTY"

FRI 7TH DECEMBER

LAST TUESDAY GROUP SESSIONS 2012

TUES 11TH DECEMBER

LAST THURSDAY GROUP SESSIONS 2012

THURS 13TH DECEMBER

2013 GROUP CLASSES AND BOOTCAMP

COMMENCE WED 30TH JANUARY

PERSONAL TRAINING

"BY APPOINTMENT"