

# FITNESSNRG

INFO 15<sup>th</sup> September 2014

## THE 8 WEEK WEIGHT LOSS CHALLENGE

**START** Mon 6<sup>th</sup> Oct – Fri 28<sup>th</sup> Nov

**COST** \$475.00

**WHAT IS INVOLVED** You receive a work manual to record food and exercise. Food plans are provided which “GUARANTEE” weight loss. You can choose to do any class on the FitnessNRG timetable. Each week you will have a group consultation where you will be weighed to keep you on track and motivated. The group consult will also give you an opportunity to discuss anything and bounce off your fellow 8 week members.

**\$\$\$ PRIZES FOR 1<sup>ST</sup> AND 2<sup>ND</sup> PLACE** This year the \$500 prize money will be shared between 1<sup>st</sup> and 2<sup>nd</sup> places. It was a difference of 0.3 % of weight lost between 1<sup>st</sup> and 2<sup>nd</sup> place last year. So this year you have more opportunity to win some Xmas \$\$\$.

**\* PLEASE NOTE.... IMPORTANT TO KNOW !  
TO WIN \$\$\$ I MUST HAVE A MINIMUM OF 10 PEOPLE TO RUN THE PROGRAM...**

A flyer will soon be circulated advertising this great program. It features Chris Stone. Chris jumped on the weight loss challenge last year and has continued her journey losing 23 kilos !!!.....Chris has worked her butt off to achieve such results and is very admired within the FitnessNRG group.

**HOODIES ARE STILL COMING !! SORRY..... THEY ARE TAKING LONGER THAN I EXPECTED. I APPRECIATE YOUR PATIENCE AND HOPE TO GET THEM TO YOU THIS WEEK.....**

## SCHOOL HOLIDAY CLASSES \$15 EACH

I have been asked to continue some classes over the school holidays. If you would like to jump in please write your name down on my list in gym. I need 4 people in each class to run and payment prior is preferred. Only book if you are 100% sure you can make it. Thanks ☺

Classes for the 2 weeks Mon 22<sup>nd</sup> Sept – Thurs 2<sup>nd</sup> Oct are

MON	7PM	BOXING
WED	9.30AM	STEP
THURS	7PM	POWERBAR

## **TERM 4 GROUP CLASSES START TUES 7<sup>TH</sup> OCT – THURS 18<sup>TH</sup> DEC**

TUES 5.00PM POWERBAR

TUES 6.00PM CORE / STRETCH

WED 9.30AM STEP

THURS 7.00PM POWERBAR

COST \$135

DURATION 10 WEEKS ...

PLS NOTE . THERE IS A ONE WEEK BREAK FROM 29/11 TILL 6/12

## **BOOTCAMP STARTS AGAIN OCT 6<sup>TH</sup>**

**DURATION** 4 WEEKS

**SESSIONS** MON / WED 7PM AND SAT 9.30AM

**COST** \$150.00

**LAST BUT NOT LEAST... TO HELP YOU ALONG I HAVE A LITTLE SOMETHING FOR YOU TO THINK ABOUT. IF YOU JOIN A NEW MEMBER TO ONE OF THE FITNESSNRG PROGRAMS YOU WILL RECEIVE \$50 OFF YOUR NEXT TRAINING COST. 😊**

**IF YOU JOIN THE 8 WEEK CHALLENGE YOU CAN ATTEND ALL CLASSES FOR 10 WEEKS 😊**

**\*Please note all new members have to be someone who has never trained at FitnessNRG**