

## UNLIMITED NRG CLASSES

Unlimited NRG is a membership which came about from requests by you. This exclusive membership gives you the flexibility and full access to choose your classes when you want them - week by week. Unlimited NRG Membership means you can jump into any Bootcamp session or any PT group class on the timetable. It is paid upfront for each term throughout the year and the terms run consecutively with the Victorian school holiday dates. If you are new to Fitness NRG, you can take an Unlimited NRG Membership anytime throughout the term. Existing Fitness NRG members can upgrade with a simple adjustment to their fee. This is a great affordable alternative to one on one Personal Training giving you as many classes as you like each week. . Contact Cheryle 0419 535 720 if you have any questions.

MON	TUES	WED	THURS	FRI	SAT
	6.00AM <b>NRG EXPRESS CIRCUIT</b>				
9.30AM <b>POWERBAR</b>		9.30AM <b>STEP/ABS BUTT</b>			9.30AM <b>BOOTCAMP</b>
	5.30PM <b>POWERBAR</b>				
	6.30PM <b>CORE AND STRETCH</b>		6.30PM <b>POWERBAR</b>		
7PM <b>BOOTCAMP</b>		7PM <b>BOOTCAMP</b>			

# RECIPE KALE AND AVOCADO SALAD

## Ingredients

- 1 bunch of curly kale
- 2 avocados
- 3-4 TBSP of olive oil
- 1 tsp salt
- 1 cup to 1 1/2 cups of chopped apples (one small apples works)
- 1/4 of a large purple onion thinly sliced
- 1/2 cup of chopped pecans

## Instructions

Remove kale from stems and wash thoroughly. Chop kale into small pieces. Grab a hand full, roll it up and chop it that way. Place chopped kale into a bowl. Add salt and olive oil to kale, mix it up a bit and let it sit. Chop apple. Cut one avocado into chunks. Slice purple onion into thin strips. Chop pecans.

Now scoop out one avocado and place it into the bowl with the kale. Using clean hands, massage avocado, olive oil and salt into kale working it into the kale until well combined. The longer you massage the softer the kale gets. Once kale is soft, add in remaining ingredients. Toss and serve!

## PERSONAL TRAINING

FitnessNRG provides affordable Personal Training for all ages. We have kept our fees low and they have remained the same since 2008. These sessions are a great way to receive full attention in each training session. It's designed for those who need and want the one on one training for a number of reasons. Some of those reasons are to strengthen and correct bad posture, rehabilitation due to injury, weight loss, tone up, general fitness etc..

You can train with a friend or a partner as well.

Costs are:

One person	1hr	\$50
One person	½ hr	\$40
Two people	1hr	\$60
Three people	1hr	\$60
Four people	1hr	\$80

\* Please note that there are only a number of hours per day available for Personal Training. We know how important your training is to you and it is also important to us.

**24 hrs notice** is required if you cannot make your Personal training session.

Because of unlimited hours we require 50% payment if you cancel your session at short notice. This is paid when you have your next training session.

e.g. If you do one on training and cancel less than 24hours, your next session will cost \$75. Sorry guys but some people miss out when they need to change their times and we don't have one available because a permanent time is taken. Most people want to train in the morning and evening which leaves very little availability sometimes. ☹

We try very hard to keep you guys happy 😊😊

# BOOTCAMP IN PINK FOR BREAST CANCER AWARENESS MAY 7<sup>TH</sup> 2016



A BIG THANKYOU TO THOSE WHO TURNED OUT FOR "THE LONG WALK". THE WEATHER WAS PERFECT. A QUICK TALK ABOUT THOSE WHO ARE TOUCHED WITH CANCER AND MOST OF US KNOW SOMEONE WHO HAS HAD BREAST CANCER. WE SET OFF AND WALKED 18KM. A LOT OF CONVERSATIONS ALONG THE WAY. SOME CHALLENGING HILLS WERE AMONGST THE TRACKS AND THE VIEWS WERE GREAT. YOU GUYS ARE SO AWESOME 😊



# LIFE SPACE HEALTH PRODUCTS

FitnessNRG is a supplier of Life Space products. They are an excellent and high quality product made in Australia. If you would like to order any of these products please let me know by Thursday 19<sup>th</sup> May. All orders must be paid for when ordering.

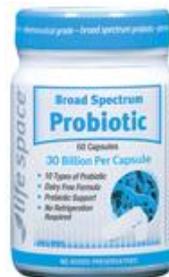
Check out [www.healthy-livespace.com](http://www.healthy-livespace.com) . I can sell them to you for 25% off their website cost. I've also given some examples of their products below in this newsletter.

## 25% OFF LIFE SPACE PRODUCTS



Life Space Probiotic 60 Caps  
Pregnancy Breastfeeding  
~~\$41.99~~

FitnessNRG Price \$31.50



Life Space Broad Spectrum Probiotic  
60 Capsules  
~~\$38.99~~

FitnessNRG Price \$29.25



Life Space 100 Billion  
Powder Probiotic 30 Gram  
~~\$47.99~~

FitnessNRG Price \$35.99



Life Space 60+ Years Probiotic  
60 Caps  
~~\$38.99~~

FitnessNRG Price \$29.25



Life Space Baby  
Probiotic 60g  
~~\$41.99~~

FitnessNRG Price \$31.50



Ocean Essentials 500mg  
Red Krill Oil 60 Capsules  
~~\$36.99~~

FitnessNRG Price \$27.75



Elmore Oil 250mL Twin Pack  
~~\$59.99~~

FitnessNRG Price \$44.99



FitnessNRG Price \$29.99

Ocean Essentials Krill + Curcumin  
60 Capsules  
~~\$39.99~~



FitnessNRG Price \$20.15

Elmore Oil Cream Pack

~~\$26.90~~

~~\$26.90~~



FitnessNRG Price \$20.15

Elmore Oil Sports -50mL Twin Roll on Twin Pack



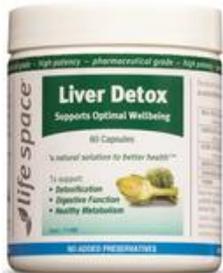
Elmore Oil Arthritis Family  
~~\$65.00~~

FitnessNRG Price \$48.75



Lifespace Spirulina Energy 100 Tablets  
~~\$29.99~~

FitnessNRG Price \$22.50



Life Space Liver Detox  
60 VegeCaps  
~~\$24.99~~

FitnessNRG Price \$18.75



Life Space Immune Boost Liquid 500mL  
~~\$29.99~~

FitnessNRG Price \$22.50