

FITNESSNRG ARE HAVING A XMAS RAFFLE

BUT

WE NEED GIFT DONATIONS FOR PRIZES!!!

THE MORE PRIZES WE GET THE MORE MONEY WE RAISE AND THE MORE CHANCE YOU HAVE TO WIN. WE ARE AFTER ANYTHING YOU CAN OFFER. LOOK BELOW AT WHAT OTHERS HAVE ALREADY DONATED.



TICKETS ARE 2 FOR \$5

ALL THOSE DONATING WILL RECEIVE A FREE RAFFLE TICKET 😊

ALL PROCEEDS OF TICKETS WILL GO TO THE SALVATION ARMY.

THANKYOU TO THE FOLLOWING PEOPLE FOR YOUR DONATIONS

ALLANNA DOVE

“MY BOUQUET LADY” HAMPER

WOZ DOVE

“A SURPRISE”

DAVID AND ALANA BILSTON

“PURE LIFE PHYSIOTHERAPY” VOUCHERS

MARC WEINER

COLGATE GIFT PACK

TREVOR PROWSE

“SWAMP DONKEY” CD/TSHIRT PACK

JO MC GILL

\$200 CHINA TEA SET/ CANDLE HAMPER

JACK MILLIGAN

“TEMPUS” CD/ TSHIRT/ STUBBY HOLDER PACK

FITNESSNRG

2 X \$50 TRAINING VOUCHERS

CRAIG AND CHERYLE MILLIGAN

WEEKEND BREAK AT “MUD BRICK”

MAINTONGOON (LAKE EILDON NATIONAL PARK)

CRAIG AND CHERYLE MILLIGAN

\$200 COSMETIC AND SKIN CARE HAMPER

XMAS PARTY SAT 26TH NOV 7PM

TIME	7PM
WHERE	87 COLBY DRV BELGRAVE HEIGHTS
BRING	DRINKS + YOUR PARTNER + SMALL PLATE TO SHARE + BATHERS IF HOT
DRESS	SMART CASUAL
WHAT TO EXPECT	*WINNER OF 8 WEEK WEIGHT LOSS CHALLENGE ANNOUNCED *ACHIEVEMENT AWARDS *2016 ULTIMATE HERO AWARD BOY AND GIRL * MOST INSPIRING PERSON BOOTCAMP AWARD VOTED BY THE BOOTCAMP TROOPS. *RAFFLE PRIZES DRAWN *MUSIC AND DANCING



DATES TO REMEMBER

FRI 28TH OCT 6PM BOOTCAMP NIGHTWALK	12KM DUSK/NIGHT WALK MEET OUTSIDE CARPARK LYSTERFIELD LAKE. HORSWOOD RD. IF YOU HAVE CATCH UP CLASSES PLEASE JOIN US. BRING A FRIEND \$15.. IF YOU CANNOT MAKE IT AT 6PM YOU CAN MEET THE GROUP AT THE WELLINGTON RD CROSSOVER TOWARDS BIRDSLAND.
CUP DAY TUESDAY 1ST NOV	THE CLASSES THIS DAY ARE *9.30AM POWERBAR *10.30AM CORE / STRETCH
SAT 5TH NOV	LAST SESSION FOR OCTOBER BOOTCAMP
NOV / DEC BOOTCAMP	MON 14TH NOV - MON 12TH DEC
SAT 26TH NOV 7PM	FITNESSNRG XMAS PARTY