

DATES TO REMEMBER

FRIDAY 25TH NOV
5.30PM – 6.30PM

LAST WEIGH IN FOR 8 WEEK WEIGHT LOSS GROUP

** All 8 week members can continue training until the end of term. Cost is \$120*

SATURDAY 26TH NOV
7PM TIL LATE

FITNESSNRG XMAS PARTY

MONDAY 12TH DEC

LAST BOOTCAMP SESSION FOR 2016

THURSDAY 16TH DEC

LAST DAY FOR TERM CLASSES

PERSONAL TRAINING SESSIONS WILL CONTINUE THROUGHOUT XMAS BREAK AS REQUIRED.

WED 4TH JAN – MON 30TH JAN

SUMMER BOOTCAMP

4 WEEK BOOTCAMP ***SPECIAL \$100***
MON AND WED 7PM.
NO SATURDAYS ARE SCHEDULED SO YOU CAN HAVE YOUR WEEKENDS FREE.

MONDAY 6TH FEB 2017

TERM 1 2017 GROUP CLASSES BEGIN

SUMMER BOOTCAMP SPECIAL

WHEN WED 4TH JAN – MON 30TH JAN

SESSIONS MON 7PM WED 7PM

COST \$100



FITNESS NRG GIFT VOUCHERS ARE AVAILABLE NOW !!

GREAT IDEA AS A XMAS GIFT

XMAS PARTY SAT 26TH NOV 7PM

TIME

7PM TIL LATE

WHERE

87 COLBY DRV
BELGRAVE HEIGHTS

BRING

DRINKS + YOUR PARTNER + SMALL
PLATE TO SHARE + BATHERS IF HOT

DRESS

DRESS TO IMPRESS

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



LUNGES

There's a reason why lunges are a gym-goer's mainstay: The multi-tasking move is one of the best lower body exercises around, since it loosens up your hips, boosts your muscle tissue, and strengthens your core. Best of all, keeping lunges in the rotation will give you a better booty—but only if you're doing them correctly.

Lunge Mistake #1: Not dropping deep enough Regardless of whether you're doing front or reverse lunges, you should always aim to get your back knee to almost touch the ground. "The deeper you go into the lunge, the more muscles you'll recruit so you can get the max out of this move. Sometimes the solution is as simple as taking a bigger step forward or backward to allow for a full range of motion. Or, sometimes tight hips can prevent you from going deep into the lunge..

Lunge Mistake #2: Forgetting to use your core You might not know it, but lunges require some pretty serious core strength. It's common to see people lunge and then fall forward into it with their upper body because they forget to keep their core engaged. If you can't see your face in the mirror when you're lunging, you are definitely guilty as charged. To keep proper form, focus on opening your chest by pulling your shoulder blades together as you do the move, then keep your core tight throughout, drawing up and in from your pelvic floor. While you're in the deepest part of the lunge, your shoulder and hip should be in the same line.

Lunge Mistake #3: Allowing your knee to fall inward Throughout the lunge, your knee should stay in alignment with your ankle. When the knee starts to track inward, usually that means your gluteus medius (your upper butt muscle) is weak. A fun way to strengthen your gluteus medius is to incorporate some band movements into your workout — think giant rubber bands and do lateral band walks: place bands just above your ankles and with feet shoulder-width apart and knees slightly bent, take sideways steps.

Lunge Mistake #4: Getting stuck in a rut There are so many different lunge versions you can try — incorporate different variations to increase mobility and target different muscles. Multi-directional lunge patterns will increase strength and flexibility, and allow you to target all of your quad, glute, and hamstring muscles." Try a three-way lunge: perform a front lunge, a side lunge, and then a reverse lunge all on one side for a few rounds.

FITNESSNRG XMAS RAFFLE

TICKETS ARE 2 FOR \$5 OR 5 TICKETS FOR \$10

ALL PROCEEDS OF TICKETS WILL GO TO THE SALVATION ARMY.



THANKYOU TO THE FOLLOWING PEOPLE FOR YOUR DONATIONS

ALLANNA DOVE
LADY" HAMPERS

4 X "MY BOUQUET

WOZ DOVE

WOODEN ROCKING HORSE

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

JASON AND AMANDA BEAMSLEY

ROOF AND GUTTER CLEAN "LEAKLESS ROOFING"

ROLAND AND JO MUNZEL

GEORGE FOREMAN COOKER

DEBBIE LAURENCE

HANDMADE SOAP GIFT PACK

ZAC AND JENNY CONNELLY

5 X CONTROLLERS T SHIRT AND CD PACK

JENNY CONNELLY

GIRLS BABY CLOTHES

DARYL ANDREOLA

6 BOTTLES OF WINE

ANGE AND ARNA. IAN FIRTH

WINE AND WEIGHT SCALES

MICHELLE WEINER

FUNKY CHAIR

JENNY CONNELLY

\$250 THALGA COSMETICS

IAN AND CHRIS BRUCE

4 HRS LABOUR, GARDENING OR BABY SITTING

CRAIG AND CHERYLE MILLIGAN

QUEEN SIZE DOONA SET AND CUSHION

CRAIG AND CHERYLE MILLIGAN

MYSTERY GIFTS