



INFO 23<sup>rd</sup> Jan 2017

## **WELCOME TO ALL THE NEW MEMBERS OF FITNESSNRG TRAINING**

The first month back into training for 2016 has kicked off with loads of enthusiasm. Welcome to all the new faces who have jumped into Bootcamp and to those who have started Personal Training. Remember to listen to your body and ease your way slowly to increase your level of fitness. Don't go too hard too soon.

We hope you enjoy your sessions and feel this is “**your**” place to train.

### **TERM 1 GROUP TRAINING 6<sup>th</sup> FEB - 31<sup>st</sup> MAR**

FitnessNRG provides a selection of training options. We are aware that people prefer different training requirements to others. Some like the personal attention of one on one training or training with friends in a small group and some like a larger group environment such as Bootcamp.

For some it is a financial reason for how they choose. All our classes are a personal training experience. We try to take care of each person that steps into our training room or Bootcamp sessions.

Our PT training, Term classes and Bootcamp have been running successfully for 9 years. It's important to us that we meet your expectations and feedback is always welcome. 😊

### **UNLIMITED NRG TERM 1 MEMBERSHIP \$400**

Unlimited NRG is a term membership. It came about for those who wanted to have a choice of classes each week choosing from Bootcamp to Core Classes, Powerbar, Step, Yoga and NRG Express. It gives you flexibility to try everything we offer. You can jump into all of them.

There is no limit to how many classes you do.

You decide which classes to do each week.

Unlimited NRG runs for the school term and is an affordable option to Personal Training..

Please note this cost is \$400 for the 8 week term regardless of how many weeks you do.

If it doesn't suit, you can choose to join a month Bootcamp and term classes individually.

Please refer below for costs of Bootcamp and term classes.

Term 1 starts Mon 6<sup>th</sup> Feb till 30<sup>th</sup> March.

### **DAYS OF TOTAL FIRE BAN**

Hot weather is on its way. Please note if a Total Fire Ban is in place Bootcamp will begin at “The Barracks”. (87 Colby Drv). The type of session will be determined on the weather. We may take off to Belgrave Lake Park or stay close to the studio. You will be notified of any change of location by text. The studio is air conditioned. Bootcamp is usually operated inside and outside. Please make sure you are drinking plenty of water prior to your training session.

All “**Personal Training**” sessions will be inside the studio on these hot days.

## GROUP CLASSES START MON 6<sup>th</sup> FEB - 30<sup>th</sup> MAR

COST \$120 EACH FOR THE 8 WEEK TERM

COST \$80 FOR 8 WEEK FIT KIDZ CLASSES

MON	TUES	WED	THURS	FRI	SAT
9.30AM <b>POWERBAR</b> JACK		9.30AM <b>STEP/ABS BUTT</b> CHERYLE			
		3.45PM <b>KIDZ FITNESS</b>  <b>COST \$80 TERM</b> JACK			
	5.30PM <b>POWERBAR</b> CHERYLE				
	6.30PM <b>CORE AND STRETCH</b> CHERYLE		6.30PM <b>POWERBAR</b> CHERYLE		
			7.30PM <b>YOGA 30 MIN</b> SUNNE		

## TERM 1 BOOTCAMP STARTS MON 6<sup>TH</sup> FEB

4 WEEKS BOOTCAMP COST \$150

8 WEEKS BOOTCAMP COST \$300

MON	TUES	WED	THURS	FRI	SAT
					9.30AM <b>BOOTCAMP OUTDOOR</b>
7PM <b>BOOTCAMP BOXING</b>		7PM <b>BOOTCAMP OUTDOOR</b>			

## WATER AND HYDRATION

One of the best ways to limit the effects of dehydration during exercise is to start ahead of the game and drink enough before it. "Checking your urine pre-exercise is an easy way to see if you're prepared," says Anthony Meade, Adelaide-based sports dietician. "If it's clear and copious, maybe you're drinking too much. If it's the colour of iced tea, you need to drink more. If it's a pale lemonade or straw colour, you're probably adequately hydrated."

## 5 WAYS TO RUN SAFE IN HOT TEMPS

### Monitor your heartrate

Your heart rate shouldn't be going up by more than about 10 beats per minute from what it would typically be on an easy day. If it stays consistently higher, you may be entering a dehydrated state.

### Slow down to finish the session

Most of the time, it makes more sense to slow down and get the entire run in, rather than cut it short because of the heat. Only stop short of your target distance if you experience severe cramping, dizziness or nausea, which are the warning signs of heatstroke.

### Listen to your hamstrings

In most runners the first sign of dehydration is evident in the hamstrings. So pay close attention on longer runs. If your hammies start getting tighter than usual; this is a good signal you're not taking in enough electrolyte fluids.

### Stretch before you head to bed

The last thing most people want to do when they feel the panic of trying to cool down after a hot run is diligently work through their post-run stretching routine. So do it before bed – when you should be well hydrated, and your muscles will still be warm.

### Time your drinking

It takes 20 minutes to absorb fluid prior to exercise, and drinking large amounts quickly before you head out the door will only cause your system to flush out that fluid rather than absorb it properly. Nursing it over a 30-minute period is optimal before you hit the road.

## \*BOOTCAMP MINI TRIATHLON IS COMING\*

<b>WHEN</b>	FEB 18 <sup>TH</sup> 2017
<b>TIME</b>	8.30AM
<b>WHERE</b>	LYSTERFIELD LAKE PARK
<b>BRING</b>	SWIMMING ATTIRE, BIKE, HAT, WATER, TOWEL AND SUNSCREEN



## CATEGORIES ARE

<b>SWIM APPROX</b>	50 – 100 METRES
<b>BIKE</b>	9.5KM
<b>RUN</b>	3KM

**NO COST FOR FEBRUARY BOOTCAMP TROOPS AND UNLIMITED NRG MEMBERS  
\$20.00 FOR CASUAL ATTENDANCE**

## **A LITTLE BIT ABOUT CHERYLE**

*Cheryle has worked in the Fitness Industry for 23 years in various roles ranging from Aerobics Instructor,*

*Gym Instructor,*

*Co- Manager and Aerobics Co-Ordinator at Bennettswood Fitness Centre,*

*Owned and operated Dynamics Aerobic Centre in Glen Waverley.*

*Instructor Trainer, presenting workshops interstate and at Melbourne University for The MasterBlaster Convention for 6 years.*

*In March Cheryle is putting her presenting hat on again and presenting workshops to the fitness industry. She is presenting her very popular Absolutely workshop and NRG Fit which is a workout Cheryle designed for her Bootcamp sessions.*

*Cheryle is also a qualified Nutritional Therapist.*

*She was involved in appearing in videos for Powerbar sold in America and was on numerous Aerobic Cassette covers ( A long time ago now).*

*Cheryle also wrote articles for The Women's Health & Fitness magazine.*

*Now Cheryle trains you guys and claims it is the best job ever !!!!!!!*

## **A LITTLE BIT ABOUT JACK**

*Jack has been brought up around fitness.*

*He bounced around in his mummy's tummy while she taught Aerobics classes for 20 weeks of pregnancy. He continued to roll about while his mum joined in as a participant in the Aerobics room right up to 3 weeks before he was born.*

*He started going to the gym when he was 5 weeks old, in a pram being wheeled to the Gym crèche while his mum taught classes most days.*

*Once he could walk his mum put him in Kinda Gym classes while she taught classes.*

*He would often sit at the reception desk when his mum became an owner of Dynamics Aerobic studio while his mum attended to the running of the centre. Then his dad would pick him up from there on his way home from work.*

*This is where Jack began his love of music because his father would rehearse songs for his gigs in the car driving home which would be a 30 min drive each time.*

*Jack soon learnt to sing, phrase and pitch (try to) at 3 years old !!!*

*Jack was always involved in sport playing cricket, football and basketball. He did Karate also.*

*He has done loads of Bootcamp sessions, starting at 12 years of age.*

*Jack is now a qualified Cert 1V Personal Trainer*

*A popular instructor with kids, running the Kidz Fitness classes at FitnessNRG.*

*He is a Bootcamp trainer and a great Powerbar Instructor.*

*Did we mention he is an amazing musician?*