

DATES AND COSTS OF TRAINING

MON 17TH JULY **TERM 3 UNLIMITED NRG MEMBERSHIP STARTS. 10 WEEKS \$400**

MON 17TH JULY **START OF 10 WEEK TERM 3 INDIVIDUAL CLASSES.**

(NOT INCLUDING BOOTCAMP)

COST \$150 EACH

MON 17TH JULY **BOOTCAMP JULY/AUG BEGINS**

BOOTCAMP RUNS FOR 4 WEEKS.

COSTS ARE:

3 SESSIONS / WEEK \$150

2 SESSIONS / WEEK \$120

1 SESSION / WEEK \$80 (\$20 EACH SESSION)

2 SESSIONS / WEEK PLUS 1 PT GROUP \$180

Please note that the Bootcamp sessions are unredeemable. If you would like the flexibility to switch classes between the PT Group classes and Bootcamp each week, the UnlimitedNRG membership would be a better option. Otherwise if you are a Bootcamp member you can jump into a PT Group class as a casual for \$15.00.

*Please be aware we don't offer catch up classes for Bootcamp.

Look below for further details about UnlimitedNRG.

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.

CLASSES AVAILABLE (ALL CLASSES ARE INCL IN UNLIMITED NRG MSHIP)

MON	TUES	WED	THURS	FRI	SAT
9.30AM POWERBAR 10 WEEKS \$150		9.30AM STEP/ABS /BUTT 10 WEEKS \$150			9.30AM BOOTCAMP
	5.30PM POWERBAR 10 WEEKS \$150				
	6.30PM CORE AND STRETCH 10 WEEKS \$150		6.30PM POWERBAR 10 WEEKS \$150		
7PM BOOTCAMP		7PM BOOTCAMP	7.30PM STRETCH 10 WEEKS \$100		

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 at times 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 😊😊 www.fitnessNRG.com.au