

BOOTCAMP, PT GROUP CLASSES AND YOGA RETURN WEEK BEGINNING MONDAY 2ND AUGUST

BOOTCAMP INFO

The August/September Bootcamp will run for 8 weeks.

Cost is \$220 for 17 sessions

There are 17 sessions available on the schedule.

Normally if we have an 8 week Bootcamp it would have 16 sessions but we have added a **Run & Ride event at no extra cost in this Term.** (Casuals meaning anyone NOT in Bootcamp or UnlimitedNRG can come along with a \$20 cost to participate) This event is scheduled for Saturday 11th September. More details will be given closer to the day.

Pls note that Bootcamp is a different fee structure to the other more personalised Group classes. **We don't have catch up classes in the Bootcamp schedule. If you can't make a Bootcamp session and want to replace a class, please let me know and we can discuss your options.** If there is room in another group class outside of Bootcamp it will include a small cost to jump in. I have to do this to make it fair to the groups who pay a little extra for the Personal Group. Otherwise, you can explore the UnlimitedNRG option. Thanks for your understanding.

PERSONAL GROUP CLASSES

These sessions are running for 7 weeks. There are no classes Week 23/8-27/8

Costs below for "each" class is for 7 weeks

MONDAY - 5.30PM	NRG GOES	Cost \$115.50
TUESDAY - 5.30PM	POWERBAR	Cost \$115.50
TUESDAY - 6.30PM	YOGA	Cost \$115.50
WEDNESDAY - 5.30PM	YOGA	Cost \$115.50

UNLIMITED NRG CLASSES

If you want more freedom and choice with your workouts each week you may be interested in joining our UnlimitedNRG membership. You can do "any" class and do as many classes as you like. No need to book, just jump in. This is a great alternative and costs less than a 1hr PT session per week. Great Value!

Cost \$300 for 8 Weeks. (Pls note there are only Bootcamp sessions 23/8 - 27/8.

Cost has been reduced because of this)

MON	TUES	WED	THURS	FRI	SAT
5.30PM NRG GOES 45 MIN	5.30PM POWERBAR	5.30PM YOGA 45 MIN			11 TH SEPT RUN & RIDE
6.30PM BOOTCAMP	6.30PM CORE AND YOGA	6.30PM BOOTCAMP			

THINGS TO NOTE AND REMEMBER

Please check in at each session using the QR code displayed.

Please refrain from coming to training if you have any cold and flu like symptoms.

Bring a mat and drink bottle to your sessions. We have a water dispenser in the outdoor area for your use.

Remember to wipe down equipment and "dry" (if left damp) using the sanitizer wipes after using any equipment. Particularly the sweaty bikes. Wipe steps only if sweaty.

Please refrain from parking in the car spots directly across the road. We have been informed by the shop owners that they prefer FitnessNRG members "not" to use them. There is parking on the streets out front, tennis courts a few meter's up and the child care centre after hours.

**If things go to plan Craig and Cheryle will be away Week 21/8 - 28/8.
Jack will be taking Bootcamp sessions Mon and Wed 6.30pm that week**

How does muscle tension affect your posture?

Most posture-related muscle tension is caused by stress, sitting for long periods of time, and the other lifestyle factors we discussed in the previous newsletter. Symptoms include; headaches, stiff, sore shoulders, a tight neck and tight hips and glutes. Injuries can also contribute to muscle tension. As always, there are solutions out there to get rid of that soreness and give you better flexibility.

How Can I Fix It?

1. Move more!

Is it possible for you to get a standing desk, take the stairs instead of the lift or go for a walk during your lunch break? The more you move, the more your blood circulates, and your muscles will naturally stretch out.



2. Regularly stretch your neck during the day

This one is specifically to get rid of those horrible tension headaches! Every hour, gently stretch out the sides and back of your neck. You don't have to move to do this, and for those of you who spend a lot of time in front of a screen, this will also give your eyes a break from the LED lights.

Chest Stretch
Sitting at a desk all day shortens the chest muscles and this can be the cause of shoulder pain as tight pecs pull the shoulders forward. Grasp the hands behind the back and move them out behind you as far as possible.



Rotation Stretch
Staring straight forwards at a screen all day isn't good for the neck. Gently stretch by looking over your right shoulder, holding for 10 seconds and then looking over the left shoulder for 10.

Lateral Neck Stretch
Tight muscles in the sides of the neck is a common complaint. Take the head over to the side and apply further pressure using the hand as shown to increase the stretch.



Neck Pain Stretches for Office Workers

Posterior Neck Stretch
The muscles at the back of the neck commonly feel tight as they overwork to hold the head upright. Tuck the chin in and tilt the head down towards the chest. Use another hand to apply pressure on the head if necessary.



SCM Stretch
The Sternocleidomastoid is the large, rope like muscle at the front of each side of the neck. This becomes tight with a forward head position. Stretch by looking over the right shoulder, and then tilting the head back.



Upper Back Stretch
The rhomboid and posterior shoulder muscles are often the ones that feel most tight in office workers. Stretch by bringing one arm across your body, keeping the shoulder depressed and pulling it in with the other arm.

3. As always, the best fix for tense muscles is to stretch them out! When you do this each night you can help to reverse the damage of a long day sitting down, and you'll set yourself up for a much more comfortable nights sleep.

Posture Stretches

Hip Flexor Stretch: Kneel on the floor with your back leg extended behind you. Lean forward until you feel a stretch in your hips and inner thighs. Make sure that your knee stays over your ankle and doesn't pass your toes. Hold for 15 to 20 seconds. Switch legs and repeat.



Quadriceps Stretch: You can choose to do this lying down or standing up. Lift one foot behind you and hold onto it with your hand. Pull it towards your back until you feel a stretch down the front of your thigh. Hold for 15 to 20 seconds. Switch legs and repeat.

