



FitnessNRG Info

March 26th 2012

fitnessNRG.com.au

TERM CLASSES

A big "Thankyou" to all of you who have come along each week during the 1st term of classes. I hope you have enjoyed the sessions .. There were some great results after the weigh ins .

Term 2 classes start again the week beginning April 16th.

THERE IS A NEW CLASS ON THE SCHEDULE IN TERM 2

"EXTREME CORE"

BEGINNING THURS 19TH APRIL

CLASSES WILL RUN THURSDAY 7PM-8PM

1 HR OF EXERCISES TO STRENGTHEN AND STABILISE THE CORE MUSCLE GROUPS INCLUDING ABDOMINAL MUSCLES AND LOWER BACK MUSCLES

This class is ideal for those wanting to strengthen and tone up not only the Abdominals but also the important back muscles . It involves exercises utilising body weight , using fitballs and dumbbells. There is an element of stretching at the end of each session. Let me know if you would like to join this group. It will run for 11 weeks . \$150 for 11 sessions.

TERM 2 CLASSES AVAILABLE

11 WEEKS

START APRIL 16TH

| DAY | TIME | CLASS | INSTRUCTOR | COST \$150 EACH |
|------------|-------------|-----------------------|-------------------|------------------------|
| MON | 5.00PM | BOXING | GUY | |
| TUES | 9.30AM | BOX/CARDIO/BAR | CHERYLE | |
| TUES | 5.00PM | POWERBAR | CHERYLE | |
| TUES | 7.00PM | POWERBAR | CHERYLE | |
| WED | 4.00PM | DANCE CLASSES | NARELLE | |
| THURS | 9.30AM | STEP/ABS/BUTTS | CHERYLE | |
| THURS | 7.00PM | "EXTREME CORE" | CHERYLE | |



THE EASTER RULES

Now if Easter Buns had not been available in the supermarket since January I would not have to say this but NO EASTER TREATS UNTIL Easter! If you consider that just a single Easter Bun with butter (and choc chips) or 4-5 mini eggs contains an extra 250 calories, if you indulge in Easter treats for the next 2 weeks, you will gain at least a kg or more. Be strong and leave the treats until Good Friday, because lets face it; it wont be long until the Christmas treats are on sale again.

| Eggs Selection | kJ | Fat | Exercise units |
|---------------------------------|-----------|------------|-----------------------|
| 200g Easter Bunny | 3740kJ | 50g fat | 2 hrs of running |
| 2 Caramello Eggs | 500kJ | 6 g fat | 15 min rowing |
| 1 Crème Egg | 718kJ | 6g fat | 45 min fast walking |
| 100g Deluxe Bunny | 2270kJ | 33g fat | 2 cycle classes |
| 3 mini eggs | 560kJ | 7.5g fat | 15 min skipping |
| Small hot cross bun (no butter) | 600kJ | 2 g fat | 30min swimming |
| Large hot cross bun with butter | 1200kJ | 10g fat | 30 minutes jogging |
| Choc chip hot cross bun | 1100kJ | 9g fat | 1 Zumba class |

RECIPE

Homemade fish and chips

Ingredients

200 grams sweet potato
Spray olive oil
2 cups corn flakes
1 egg, beaten
2 tablespoons low fat natural yoghurt
600 grams boneless white fish
½ cup wholemeal flour

Method

1. Preheat oven to 190°C. Microwave sweet potato until nearly cooked. Cool, and cut into wedges. Spray with olive oil and lay on baking tray.
2. Crush cornflakes. Combine egg and yoghurt in a bowl. Place fish in flour and coat. Dip coated fish in egg mixture and then coat with cornflakes.
3. Place on tray with chips and bake for 15minutes or until crispy and brown.



THE BOOTCAMP “GREAT RACE”

Sat March 24th

The morning kicked off at 8.06am. Pink/Blue merged as 1 team and Black/White were a team. Miraculously the rain had stopped and did not rain upon the troops once throughout the 2 hr race. Pink team (Allanna, Jo and Craig) were decked out in pretty pink including Craig who managed to squeeze into the saarge's pink shorts wearing pink sunglasses , pink bandana and pink shirt. “What a sight” !!!! The girls in black turned up looking sexy in their chosen outfits including Sarah in her fish net stockings and Juliet in her little black shorts and gloves ...Jason was the only Blue team member and Rachel and Roland represented the white team.

As soon as the whistle blew they were off, on a mystery that would take them along Zig Zag road with stretchers and sandbags, then off to Grants Picnic Ground in Kallista. The clues of their destination laid in ammo tins hidden in bushland. They found themselves along dirt tracks surrounding Birdsland with a swim at Lysterfield Lake Park to finish off the race.

Congratulations to Pink/Blue team for winning the race. Black/White team were so close behind them they all ended at Lysterfield Lake within seconds between them with Jason (Pink/Blue) 1st in the swim leg ,Jo (Pink/Blue) being 2nd and Sarah (Black/White) coming in 3rd It was so much fun watching the troops determined and willing. Thanks guys

Look out for the next “Great Race “ later in the year.

- ❖ FITNESS TEST IS THIS SAT 31ST MARCH 9.30AM. MEET ZIG ZAG ROAD
- ❖ GROUP PHOTO IS THIS SAT. BRING SOMETHING CAMO TO WEAR
- ❖ LAST BOOTCAMP SESSION IS WED 4TH APRIL
- ❖ NEXT BOOTCAMP STARTS MONDAY APRIL 16TH

THE AMAZING BOOTCAMP GREAT RACE TEAM !!!!!!!

8 PEOPLE ARE MISSING



