

THE BIGGEST WEIGHT LOSS CHALLENGE IS ON STARTS OCT 9TH

Do you need a kick start to weight loss success?

We are excited to bring you this great program again this year. You will have unlimited access to ALL the group sessions AND Bootcamp sessions. You will receive a personal manual with information and help to assist you through the 8 weeks including a record of your weekly weigh ins.. Food plans will be a huge component to your 8 weeks of training. These have been put together by a nutritionist ensuring you have a safe and nutritionally balanced weight loss. The cost is \$450 which is below what other similar programs charge. This program is guaranteed. If you follow everything in the program you will definitely lose weight and become fitter losing body fat and gaining lean muscle.

We had amazing results last year ..The winner was Rachel Smith and she received \$500 cash. Rachel lost 9.9kg of weight. 9.4% Body Fat, 7.5 cm from her waist and 8.6cm from her hips. ALL in 8 weeks..

FOR A VERY SHORT TIME FITNESSNRG IS OFFERING THIS PROGRAM AS A 2 FOR 1 OFFER.

Conditions Are:

BOOK AND PAY BEFORE THE END OF TERM (SEPT 21ST)
THE PROGRAM NEEDS 10 FULL PAYERS TO RUN
MAJOR PRIZE FOR THE 2 FOR 1 OFFER IS \$250

FRIDAY THE 13TH NIGHT WALK

The Bootcamp troops are off on a night walk Friday the 13th. We will be walking approximately 10-12km through the beautiful Lysterfield Lake Park.. If you are not part of Bootcamp but would like to join the troops you can do so as a casual .Cost is \$15. We are meeting outside gates at 6.50pm. Please bring a torch and a bottle of water.

RECIPE PROTEIN LUNCH BOWL

1 BBQ chicken breast, sliced OR 70g piece of Atlantic salmon

2 tablespoons hommus

¼ avocado mashed

1 boiled egg

½ sliced cucumber

6 baby tomatoes

½ sliced red capsicum

1 piece small wholemeal pita bread, cut into squares

1) Place individual ingredients into a Tupperware and enjoy mixed together or separate for a protein rich lunch bowl

TERM 3 CLASSES

There are 2 more weeks of term classes to go. If you have catch up classes please try and jump in other classes before the end of term. If you would like a class put on for term 4 let me know and I will put it out there. I aim to provide classes that are functional and challenging. They are a form of personal training but not as expensive.