

GROUP CLASSES

There are two weeks left for 2013 group classes. The last Term group session is Thursday 7.30pm Powerbar on the 12th December. This term has certainly flown by . I hope you have reached your goals and enjoyed the sessions. There have been many laughs and plenty of sweat and hard work along the way. If you have catch up classes please try and participate in other classes or Bootcamp sessions before the end of the year.

JANUARY SUMMER BOOTCAMP 2014

Kick start your exercise in 2014 by jumping in this 4 week Bootcamp. The sessions are on a Monday and a Wednesday at 7pm. It starts Mon January 6th – Wednesday 29th January. Cost is \$100 . Please confirm ASAP. I need at “least” five people to run the sessions.

BOOTCAMP FITNESS TEST AND GROUP PHOTO

Your fitness test is this Wednesday 4th December . Meet at the outside carpark at Birdsland. You will repeat the 3.2km run and will also be doing a push up and core strength test. We will have the group photo taken at the session. If you have a fitnessNRG tshirt please wear it.

To get into the Christmas spirit bring a santa hat for the group photo !!!!

TRIATHLON SAT 7TH DECEMBER

To finish off Bootcamp 2013 there will be a mini triathlon at Lysterfield Lake Park. Please note this will be a fun session. You have options (see below). You can choose to do one of the activities or more.

- You will be placed into a team .
- Each team decides their own “Team Name”
- Each team must complete the following
 - 100mtr approx swim
 - 1.4km Run
 - 3km Run
 - 9.5km Bike
- It will start with a swim, bike then finish with a run
- Each person is timed for each category they participate in
- The winning team is determined by the overall score. The overall score will be calculated by taking the time of the team member with the quickest time for each of the categories and adding it to the total. The team with the lowest score wins.
- For example : The FitNRG's team consist of 5 people. 1 person is only doing the 1.4km run .3 people are doing the swim, bike and 3km run and 1 person is doing the 3km run only. Each person is timed. The person's time which is the fastest time in your team in each category will be included in the total score. The other times won't be .
- Still confused ????? Read it again haha

FITNESSNRG TSHIRTS AND GIFT VOUCHERS

I will be taking an order for tshirts and singlets in time for Christmas. These are \$25 each. There are a variety to choose from.

Ladies Tank tops and a fitted racer back design .

Mens Tshirts

Unisex Singlets with a cool dry sports fabric

Place your order by dec 7th

* Gift Vouchers are also available.