



INFO 13th Jan 2014

WELCOME TO ALL THE NEW MEMBERS OF FITNESSNRG TRAINING

The first week back into training for 2014 has kicked off with loads of enthusiasm. Welcome to all the new faces who have jumped into Bootcamp and to those who have started Personal Training. Remember to listen to your body and ease your way slowly to increase your level of fitness. Don't go too hard too soon. I hope you enjoy your sessions and feel this is "your" place to train.

DAYS OF TOTAL FIRE BAN

Hot weather is on its way. Please note if a Total Fire Ban is in place Bootcamp will begin at "The Barracks". The session will be determined on the weather . We may take off to Belgrave Lake Park or stay at the studio . You will be notified of any change of location by text. The studio is air conditioned. Please make sure you are drinking plenty of water prior to your training session. All Personal Training sessions will be inside the studio on these hot days.

WATER AND HYDRATION

One of the best ways to limit the effects of dehydration during exercise is to start ahead of the game and drink enough before it. "Checking your urine pre-exercise is an easy way to see if you're prepared," says Anthony Meade, Adelaide-based sports dietician. "If it's clear and copious, maybe you're drinking too much. If it's the colour of iced tea, you need to drink more. If it's a pale lemonade or straw colour, you're probably adequately hydrated."

TERM 1 CLASSES 27TH JAN - 3RD APRIL EACH CLASS COST S \$135 FOR 10 WEEKS

Term 1 classes begin 27th Jan. Please put your name down ASAP if you are interested in any of these classes as there are limited spots available. A minimum of four participants is also required to run these sessions.

MON 9.30 AM	CARDIO/ BLAST
MON 5.00 PM	CIRCUIT
TUES 5.00PM	POWERBAR
TUES 7.00 PM	CORE EXTREME
WED 9.30 AM	STEP/ABS/BUTTS
THUR 7.00 PM	POWERBAR

*NEXT 4 WEEK BOOTCAMP STARTS 5TH FEB

*8 WEEK WEIGHT LOSS CHALLENGE STARTS 5TH FEB (DETAILS ANNOUNCED SOON)

RATE YOUR MAXIMUM PUSH-UP

RATING	AGE				
	20-29	30-39	40-49	50-59	60+
EXCELLENT	>54	>44	>39	>34	>29
GOOD	45-54	35-44	30-39	25-34	20-29
AVERAGE	35-44	25-34	20-29	15-24	10-19
FAIR	20-34	15-24	12-19	8-14	5-9
POOR	<20	<15	<12	<8	<5