

THE GREAT RACE SAT 21ST JUNE



This group of amazing people met early Saturday morning for a 15km hilly orienteering hike. They arrived wearing their team colours. Edina in a cute frilly red skirt, Aaron wearing dangly red tassle things down his legs, on his forehead and the Blue Boofheads wearing blue war paint and blue leg warmers and tights.. The teams looked great, energised and ready to go. The Red Rebels Team took off while The Blue Boofheads had their map displayed out on a picnic table planning the route and marking out their journey. Their competitive streak was quite prevalent as they all hovered around the maps, pens in their ears and in quiet discussion.

I would like to thank each of you for giving it a go and embracing the challenge. Watching you come up that last hill made me proud. That is a killer hill...In actual fact, five participants were battling against some previous injury issues, which made the walk difficult at times.

Thanks to all of you for your energy and determination.....☺

Thanks Craig for helping out and supporting the Troops ☺

DATES TO REMEMBER

MON 23RD JUNE	LAST BOOTCAMP FOR TERM 2
WED 25TH JUNE	7PM "ONE OF STEP CLASS"... (BOOK A SPOT)
THURS 26TH JUNE	LAST DAY OF TERM CLASSES
MON 14TH JULY	BOOTCAMP STARTS
TUES 15TH JULY	TERM 3 CLASSES BEGIN

TERM 3 BOOTCAMP AND TERM CLASSES

Once again a term has flown by quickly. Thanks to all Groupies and Bootcamp Troops who come along each week .. I hope you have enjoyed the sessions and improved your fitness and on the road to achieving your goals.

If you would like to continue group classes and Bootcamp in Term 3 please write your name on the lists in the gym. FitnessNRG's aim is to provide a personal approach to training and deliver classes which can help a variety of fitness levels achieve, becoming fitter and stronger, not only physically but mentally as well . I have decided to run the 10 weeks for \$300 membership again. This enables you to jump into any session. Our lives can be busy and the versatility of the membership has been popular.

TERM CLASSES START TUESDAY 15TH JULY

TUES 5PM POWERBAR

TUES 6PM CORE AND STRETCH (NOTENEW TIME !)

WED 9.30AM STEP /ABS /BUTTS

THURS 7PM POWERBAR

BOOTCAMP STARTS MONDAY 14TH JULY

MON 7PM GYMFANTRY

WED 7PM BOX & BATTLE

SAT 9.30PM OUTDOOR

COSTS

GROUP CLASSES ARE \$135 EACH FOR THE 10 WEEK TERM

4 WEEK BOOTCAMP IS \$150 (THERE ARE TWO BOOTCAMPS IN A TERM)

10 WEEK MEMBERSHIP IS \$300

ONE ON ONE PERSONAL TRAINING PER HR \$50

PERSONAL TRAIN WITH TWO OR THREE PEOPLE \$60

PERSONAL TRAIN FOUR PEOPLE \$80

***ALL PERSONAL TRAINING SESSIONS WILL RUN AS USUAL DURING SCHOOL HOLIDAYS**

***THERE IS A POSSIBILITY SOME GROUP CLASSES WILL RUN DURING THE HOLIDAYS IF YOU ARE KEEN LET ME KNOW. I WILL REQUIRE PAYMENT UPFRONT OF \$15 A CLASS AND A MINIMUM OF FOUR PEOPLE TO RUN EACH.**

CLASSES ARE MON 7PM BOXING, WED 9.30 STEP AND A THURS 7PM POWERBAR.

PLS TEXT ME BEFORE THE END OF THE WEEK TO CONFIRM IF YOU ARE IN. THKS ☺

RECIPE – ROASTED VEGE STACK WITH HALOUMI Serves 4

INGREDIENTS

2 tbsp. Extra Virgin Olive Oil

1 large eggplant

2 medium zucchinis

1 red capsicum

1 medium sweet potato

2 medium tomatoes

4 large mushrooms

1 clove garlic

100g haloumi cheese (Lite if desired)

Instructions

1. Heat oven to 180C. Slice sweet potato and zucchini into fine strips lengthways, brush with olive oil and place on baking tray in oven. Cook until tender.

2. Cut eggplant, tomato, capsicum and tomato in to slices. Once sweet potato and zucchini are tender, brush remaining vegetables with olive oil and place on baking tray until all vegetables are char grilled.

3. Lightly fry haloumi cheese in pan using olive oil.

4. Remove vegetables from oven and stack together into 4 stacks. Place head of mushroom on top of stack. Sprinkle garlic on top of mushroom heads.

5. Place stacks back in oven and bake until mushroom is warm.