# **FULL- BODY RESISTANCE BAND WORKOUT**

### Perform 3 rounds of this circuit, doing 15-25 reps of each movement.

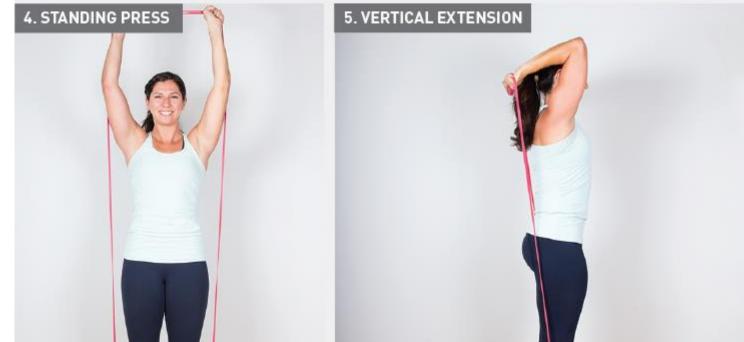
If you can perform 30 reps without fatigue, you should increase the intensity by doing additional sets, looping the band to make it shorter, or performing the movements more slowly.







G





INFO 18<sup>TH</sup> MARCH 2015

### TERM CLASSES AND BOOTCAMP

Wow this term certainly flew past. It was a short 8 week term but term 2 will be a longer one at 11 weeks. The last term 1 group class will be Thursday 26<sup>th</sup> 7pm Powerbar. If you need to catch up classes please try to jump in another class before Easter.

All UnlimitedNRG participants can train until 2<sup>nd</sup> April.

Bootcamp sessions will run until Thursday 2<sup>nd</sup> April...

\*Term 2 starts up Monday 13<sup>th</sup> April. It runs for 11 weeks

\*Bootcamp will resume on Monday 13th April 4 weeks \$150

\*Term group classes will resume Tuesday 14<sup>th</sup> April. 11 weeks \$150 each class (11 sessions)

\*UnlimitedNRG includes all sessions for 11 weeks \$400. UnlimitedNRG also enables you to have regular checks with weigh in and advice,

\*Fit Kidz Classes start Wednesday 15th April \$40 per month

### FITNESSNRG HAS A NEW TRAINER !!!

JACK MILLIGAN IS NOW QUALIFIED TO TAKE GROUP CLASSES FOR ALL AGES. JACK HAS BEEN INVOLVED IN FITNESS FOR MANY YEARS AND IS PASSIONATE IN HELPING OTHERS. HE HAS AN UNDERSTANDING AND MOTIVATED PERSONALITY. JACK WILL BE A VALUABLE ASSET FOR FITNESSNRG PERSONAL TRAINING. © FOR FURTHER ENQUIRIES ......PLEASE CALL 0419 535 720

## \*NEW CLASS IN TERM 2\*

### \*KIDZ FITNESS !!!!!\*

### WED 4.00 – 4.45PM

### START WED 15<sup>TH</sup> APRIL

#### COST \$10 A SESSION (\$40 FOR 4 WEEKS)

A fun class incorporating circuit exercises, boxing for kids and awesome fitness games to boost confidence and social interaction. Workouts are done at FitnessNRG studio.

Jack Milligan will be the trainer and has had experience working with children for ASV Academy at Belgrave South Primary School and ASV Studios.