

## WELCOME BACK TO TRAINING FOR TERM 3

Term 3 has begun and again thank you to each and every one of you for your commitment to your health and fitness. Welcome to those who have returned back from a break and also to all the new FitnessNRG members. We hope you feel like this is your place to come to train. If you have any concerns about your training please don't hesitate to ask. We are proud of our friendly and open environment and it's because of all of you who choose to come here. You create the environment. 😊

## EARLY MORNING NRG EXPRESS CLASSES

This term we have kicked off a new class with a twist. These classes begin at 6.00am in the morning Tuesdays and Thursdays and end at 7.15am. We have designed it so you can turn up when you get out of bed and jump on board the express circuit when it suits you. You can train for as long as you like. The circuit is designed as a 30 min session but you can stay longer. It's all your choice. Jack Milligan is the main instructor for these sessions and Cheryle will be assisting in the sessions when needed.

## LEGGINGS AND TOPS

There are still some leggings and tops available to purchase. Have a browse through the rack. They are all one offs. T shirts are two for \$50 or \$30 each. Leggings range from \$30 - \$50. Its great to see those wearing and displaying the FitnessNRG logo. Thanks guys 😊

## DATES TO REMEMBER

**TERM 3 START MONDAY 13<sup>TH</sup> JULY**

**TERM 3 END FRIDAY 18<sup>TH</sup> SEPTEMBER**

**LAST CURRENT BOOTCAMP SESSION WED 22<sup>ND</sup> JULY**

**NEXT BOOTCAMP STARTS MON 3<sup>RD</sup> AUGUST  
COST \$150**

**CHERYLE AWAY SAT 25<sup>TH</sup> JULY – 1<sup>ST</sup> AUGUST.  
JACK WILL BE TAKING ALL CLASSES SCHEDULED ON THE TIMETABLE FOR THAT WEEK**

**KIDZ FITNESS TERM 3 START WED 15<sup>TH</sup> JULY 4PM  
COST \$40 FOR 4 WEEKS IF  
THREE OR  
MORE JOIN**

## THE GREAT RACE SAT 11<sup>TH</sup> JULY

Approximately 14km in the Sherbrooke Forest was where this year's Great Race was to be held and challenged. There were three teams. The teams consisted of Dovey and The Red Lovies , The Black Eyed Bruisers and Beauty and The Blue Boofheads.

Everyone came along except for one scratching from Beauty and The Blue Boofheads, due to calf issues. We prayed for the rain and hail to stay away as we took off into the forest with our quiz and directions of where to go. The teams started 5min apart .They had to answer questions and the answers were found in the forest. The Sarge tagged along in the team which started after everyone else, wondering if anyone was going to get lost , get rained and hailed upon and whatever other possibilities could come along.

Dovey and The Red Lovies were in a hurry and didn't read their instructions and failed to complete the whole circuit and were unfortunately unable to claim their second spot. I did hear a whisper that someone from the Black Eyed Bruisers watched them disappear down the "walking only" track as they were closing in on them. The Black Eyed Bruisers did a great job completing most of the course but failed a crucial turn off point and found themselves tackling a very steep , muddy decline with Ian falling on his butt in the process a couple of times and Jason had done a minor ankle injury during the race . Beauty and The Blue Boofheads split up at the intersection of running and walking . One member was so eager to try and walk and read directions at the same time he somehow found himself in a commando roll down an embankment and landing miraculously on his feet. Two of their team members who chose the running track completed the whole circuit not missing one single turn off. The rest walked back and met the runners to come across the finish line with the possibility of a victory. Points were given to correct answers and whether they completed the course. And other points were given as below.

Dovey and The Red Lovies won Best Dressed  
Black Eyed Bruisers won Most Inspiring  
Beauty and The Blue Boofheads won points for completing the whole challenge.

1<sup>st</sup> Place was Beauty and The Blue Boofheads with 415 points  
2<sup>nd</sup> Place was given to Black Eyed Bruisers 390 points  
3<sup>rd</sup> Place was Dovey and The Red Lovies who had 410 points but had to forfeit them.

Thanks to every one who came along. It was a lot of fun and we were so lucky with the weather. It was a great morning ☺

YOU ARE ALL WINNERS ☺

