

HAPPY EASTER EVERYONE. ENJOY YOUR BREAK AND BE SAFE 😊



TERM 2 GROUP CLASSES
MON 11TH APRIL- FRI 24TH JUN
11 WEEKS
COST \$150 EACH

MON	9.30AM	POWERBAR
TUES	6.00AM	NRG EXPRESS CIRCUIT
TUES	5.30PM	POWERBAR
TUES	6.30PM	CORE
WED	9.30AM	STEP/ABS/BUTT
*THURS	6.30PM	POWERBAR
*PLS NOTE NEW TIME FOR THURSDAY POWERBAR		

**APRIL BOOTCAMP STARTS MON 4TH APRIL – MON 2ND MAY
SESSIONS ARE**

MON 7.00PM

WED 7.00PM

SAT 9.30PM

COST \$150



***NO BOOTCAMP IS SCHEDULED ON ANZAC DAY MONDAY 25TH APR AND SAT 29TH APR**

***UNLIMITED NRG* STARTS MON 11TH APRIL – FRI 24TH JUNE**

UNLIMITED NRG enables you to jump into any session in the Term Group classes and any Bootcamp session. You don't need to book, just turn up. This is a great way to experience all types of training and classes. We at FitnessNRG try to deliver classes which are up to date in the fitness industry and also enjoyable. ☺

The cost for the 11 weeks is \$440.

***If you are joining the April Bootcamp before **UNLIMITED NRG** starts and you want to do **UNLIMITED NRG** in Term 2 let us know and we can adjust Bootcamp cost ☺**

**NEW CLASS: “HI NRG” FOR TEENAGERS
TERM 2 STARTS WED 13TH APRIL
WED 4.30PM – 5.30PM
COST \$110 FOR 11 WEEK TERM**

**YOUR TEENAGER CAN TRY FIRST BEFORE COMMITTING
CASUAL COST \$10 A SESSION**

TERM 2 TO BE PAID AT FIRST SESSION 13TH APRIL

**A GREAT CLASS FOR TEENAGERS WHO WANT TO GET FITTER, STRONGER AND
GAIN MORE CONFIDENCE.
OUR MAIN FOCUS AT FITNESSNRG IS TO CREATE A POSITIVE ENVIRONMENT
WHERE EVERYONE FEELS IT IS “THEIR” PLACE TO COME TO.**

**IF YOU HAVE A SON OR DAUGHTER WHO WOULD LIKE TO GIVE IT A GO PLEASE
CALL
JACK 0430 276 907 OR CHERYLE 0419 535 720**

***KIDZ FITNESS CLASSES HAVE A NEW TIME (PRIMARY SCHOOL AGE)
WED 3.45PM-4.30PM \$10 A CLASS
TERM 2 STARTS WED 13TH APRIL
COST \$110 FOR 11 WEEK TERM**

A REMINDER: TEMPTED BY EARLY EASTER EGGS? CHECK THIS OUT!

The supermarket shelves are starting to stock Easter treats
A single Easter Bun with butter (and choc chips) or 4-5 mini eggs
contains an extra 250 calories. If you indulge in Easter treats for the next
4 weeks, you will gain at least 2kg or more. Be strong and leave the
treats until Good Friday.



Eggs Selection	kJ	Fat	Exercise units
200g Easter Bunny	3740kJ	50g fat	2 hrs of running
2 Caramello Eggs	500kJ	6 g fat	15 min rowing
1 Crème Egg	718kJ	6g fat	45 min fast walking
100g Deluxe Bunny	2270kJ	33g fat	2 cycle classes
3 mini eggs	560kJ	7.5g fat	15 min skipping
Small hot cross bun (no butter)	600kJ	2 g fat	30min swimming
Large hot cross bun with butter	1200kJ	10g fat	30 minutes jogging
Choc chip hot cross bun	1100kJ	9g fat	30 min boxing class

A LITTLE SOMETHING TO DO IF YOU OVER INDULGE AT EASTER. IT CAN BE DONE INDOOR. NO EXCUSES 😊

Warm Up 5-10 mins

- 50 Star Jumps
- 50 Crunches
- 45 Star Jumps
- 45 Squats
- 40 Star Jumps
- 40 Push Ups
- 35 Star Jumps 35 Crunches
- 30 Star Jumps
- 30 Squats
- 25 Star Jumps
- 25 Push Ups
- 20 Star Jumps
- 20 Crunches
- 15 Star Jumps
- 15 Squats
- 10 Star Jumps
- 10 Push Ups
- 5 Star Jumps
- 5 Crunches
- 5 Squats
- 5 Push Ups
- Hold Plank till you can't any longer
- Repeat all the above as many times as you like
- Stretch 5-10mins



FITNESSNRG T SHIRTS, TANK TOPS AND SINGLETs ARE HERE AND GOING QUICK!!!!
THESE ARE A LIMITED SUPPLY AND COST \$30 EACH OR
2 FOR \$50.....

DATES TO REMEMBER

THURS 24TH MAR	BOOTCAMP NIGHT WALK. LAST SESSION FOR MARCH BOOTCAMP.
THURS 24TH MAR	LAST DAY OF TERM CLASSES SCHOOL HOLIDAYS BEGIN
FRI 25TH MAR	GOOD FRIDAY NO CLASSES
SAT 26TH MAR	EASTER SATURDAY NO CLASSES
SUN 27TH MAR	EASTER SUNDAY
MON 28TH MAR	EASTER MONDAY NO CLASSES
SUN 3RD APRIL	TURN CLOCKS BACK 1HR AT 3AM
MON APRIL 4TH	APRIL BOOTCAMP STARTS
MON 11TH APRIL	TERM 2 CLASSES BEGIN

Okay this is the very last Easter Bunny pic. I couldn't resist haha
Guess who ??? It's the person who never hears the drill calls in Bootcamp..

Hint..... Name starts with C and lives with Saaaarge !!!!!

