



INFO 5th July 2016

8 WEEK WEIGHT LOSS PROGRAM IS ON !!!!! STARTING JULY 11TH 2016”

Hey guys are you struggling to maintain your weight and keep your motivation to exercise during the colder weather?

Do you need to kick start your metabolism and re-ignite your enthusiasm?

Well, you can do it starting Monday 11th July.

For the first time we are bringing you the 8 Week Weight Loss program mid-year.!!!

This program works !!!

It will give you the tools to take control of your eating habits and give you all the group classes on the timetable to come and go as many times as you like. You will receive a manual to record your food and also record your weekly weigh ins. Detox Food Plan and examples of calorie food plans are included. You will be given a set calorie intake per day.

For those people who usually jump into the end of year challenge, you can start now. And if you do both the July and end of year challenges there is a prize at the end of the year to who drops the most weight in 6 months.

The cost of the 8 Week Challenge is \$495. It also includes all Bootcamp sessions and any PT Group Class on the timetable.

If you want to do the challenge and train for the whole 10 week Term the cost is \$580.

TERM 3 CLASSES. EVERYTHING STARTS WEEK BEGINNING MON 11TH JULY. PLEASE CONFIRM NOW SO WE CAN FINALISE TIMETABLE

BOOTCAMP	4 WEEKS	\$150
MON / WED 7PM		
SAT 9.30AM		

PT GROUP CLASS	10 WEEKS	\$135 each class
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MON 9.30AM	POWERBAR	\$135
TUES 6AM	NRG EXPRESS	\$135
TUES 5.30PM	POWERBAR	\$135
TUES 6.30PM	CORE	\$135
WED 9.30AM	STEP/ABS/BUTT	\$135
THURS 6.30PM	POWERBAR	\$135

KIDZ FITNESS 10 WEEKS \$100

WED 3.45PM

NEW CLASS... NEW TIMEFOR TEENAGERS !!!!!

POWERBAR FOR TEENS 10 WEEKS \$135

TUES 4.30PM

UNLIMITED NRG 10 WEEKS \$440

This exclusive membership gives you the flexibility and full access to choose your classes when you want them - week by week. Unlimited NRG Membership means you can jump into any Bootcamp session or any PT group class on the timetable.

UNLIMITED NRG CLASSES

MON	TUES	WED	THURS	FRI	SAT
	6.00AM NRG EXPRESS CIRCUIT				
9.30AM POWERBAR		9.30AM STEP/ABS BUTT			9.30AM BOOTCAMP
	5.30PM POWERBAR				
	6.30PM CORE AND STRETCH		6.30PM POWERBAR		
7PM BOOTCAMP		7PM BOOTCAMP			

REGISTER FOR THE “RUN FOR THE HILLS 2016” AND RUN WITH THE FITNESSNRG TERM



Last year FitnessNRG ran in this event supporting this great fundraiser organised by Trish Flanagan. We really hope you will join us on the day. You can choose which distance and whether to walk or run.

Register online as an individual and we will meet and start as a group. If you register before July 31st you will receive a bib with your name. Cost is \$30 as an individual. Under 15 years \$15.

When: Sunday 14th August 2016

Where: Lysterfield Lake, Melbourne VIC, Australia

Distance: Walk or Run the 5.5km or 10.5km around the lake

Race Day

Bib Collection 8am

Race Start: 9am



Run for the Hills was started in 2015 to create a local fun run event for the whole family with funds raised to support community projects. Last year, together we raised \$8000 after costs and split this between Very Special Kids and the South Belgrave Sporting Precinct.

This year the money raised from the Fun Run will go towards the development of our local sporting precinct at the South Belgrave Recreation Reserve. We are also working with the South Belgrave CFA and all the money from the BBQ and drinks sold on the day will go to the CFA.

Every bit of effort counts and any amount you raise is so appreciated.

Let's run, and together make a difference for our local community!