



WE HOPE YOU HAVE A HAPPY EASTER AND ENJOY THE BREAK WITH FAMILY AND FRIENDS.

IT'S A FEW DAYS AWAY UNTIL TERM 2 BEGINS. THIS TUESDAY 18TH APRIL WE ARE BACK IN FULL SWING. IF YOU CAN PLEASE CONFIRM WHICH CLASSES YOU ARE ATTENDING, THAT WOULD BE APPRECIATED. YOU CAN EMAIL OR TEXT CHERYLE 0419 535 720.

WE ARE VERY EXCITED THAT NEXT WEEK INSTALLATION OF EZY CHANNEL BLINDS IN THE OUTDOOR TRAINING WILL ENSURE TRAINING IN COMFORT THIS WINTER. WE KNOW THE BOOTCAMP CREW WILL BE VERY HAPPY TO HEAR THIS NEWS. ☺

IN TERM 1 WE INTRODUCED A NEW CLASS, "NRG FIT" TO THE BOOTCAMP TIMETABLE. THIS CLASS WAS PRESENTED AT A RECENT FITNESS CONVENTION BY CHERYLE. THE CLASS RECEIVED GREAT REVIEWS. IT'S A HI INTENSITY INTERVAL TRAINING (HIIT) PROGRAM TO IMPROVE CARDIO FITNESS. GIVE IT A GO IF YOU HAVENT ALREADY. ANY FITNESS LEVEL CAN DO IT. YOU WORK AT YOUR OWN PACE.

WE LOOK FORWARD TO SEEING YOU ALL BACK IN TRAINING. IF YOU HAVE ANY QUESTIONS PLEASE DON'T HESITATE TO ASK. IF YOU NEED REGULAR WEIGH IN TO HELP KEEP ON TRACK PLEASE LET US KNOW. WE HOPE WE CAN HELP YOU ACHIEVE YOUR GOALS. DON'T LET IT WAIT. START PLANNING NOW.

ALL CLASSES AND COSTS ARE IN THIS NEWSLETTER.

TERM 2 PERSONAL GROUP CLASSES

**TUES 18TH APRIL- FRI 30TH JUN
11 WEEKS COST \$150 EACH**

MON 9.30AM POWERBAR

TUES 5.30PM POWERBAR

TUES 6.30PM CORE

WED 9.30AM STEP / ABS / BUTT

THURS 6.30PM POWERBAR

THURS 7.30PM STRETCH (30 MIN. \$110 FOR THE TERM)

The stretch class incorporates yoga based stretches to improve flexibility for training.

Unfortunately Sunne won't be taking her yoga this term. If we get more term members, Sunne will hopefully return in term 3.

UNLIMITED NRG

STARTS TUES 18TH APRIL – FRI 30TH JUNE

COST \$440

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. 😊

APRIL/MAY BOOTCAMP STARTS WED 19TH APRIL

SESSIONS ARE MON & WED 7PM. SAT 9.30AM

BOOTCAMP RUNS FOR 4 WEEKS. COSTS ARE:



3 SESSIONS / WEEK \$150

2 SESSIONS / WEEK \$120

1 SESSION / WEEK \$80 (\$20 EACH SESSION)

2 SESSIONS / WEEK PLUS 1 PT GROUP \$180

***KIDZ FITNESS CLASSES TERM 2 STARTS WED 19TH APRIL**

WED 3.45PM - 4.30PM

**COST \$110 FOR 11 WEEK TERM
\$10 A CLASS**



**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**

AN OVERVIEW OF CLASSES AND BOOTCAMP.....

GROUP CLASSES START TUES 18TH APRIL – FRI 30TH JUNE

MON	TUES	WED	THURS	FRI	SAT
9.30AM POWERBAR JACK		9.30AM STEP/ABS BUTT CHERYLE			
		3.45PM KIDZ FITNESS JACK			
	5.30PM POWERBAR CHERYLE				
	6.30PM CORE AND STRETCH CHERYLE		6.30PM POWERBAR CHERYLE		
			7.30PM STRETCH 30 MIN CHERYLE		

TERM 2 BOOTCAMP STARTS WED 19TH APRIL

MON	TUES	WED	THURS	FRI	SAT
					9.30AM BOOTCAMP OUTDOOR
7PM INDOOR BOOTCAMP		7PM INDOOR BOOTCAMP			

A REMINDER: YES.... IT'S IN THE NEWSLETTER AGAIN!!

TEMPTED BY EARLY EASTER EGGS?

CHECK THIS OUT!

A single Easter Bun with butter (and choc chips) or 4-5 mini eggs contains an extra 250 calories. If you over indulge in Easter treats, you will gain at least 2kg or more. Be strong and control your portions. You can still have a treat but be careful,



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