

## DATES TO REMEMBER



|  |   |
|--|---|
| <b>MON 19<sup>TH</sup> JUNE</b>        | <b>LAST SESSION OF MAY/JUNE BOOTCAMP</b>          |
| <b>WED 21<sup>ST</sup> JUNE</b>        | <b>**SPECIAL** 5 X SESSIONS OF BOOTCAMP \$50.</b> |
| <b>WED 21<sup>ST</sup> JUNE 7PM</b>    | <b>BOX &amp; BATTLE</b>                           |
| <b>SAT 24<sup>TH</sup> JUNE 9.30AM</b> | <b>BATTLE FATIGUE AT BIRDSLAND</b>                |
| <b>MON 26<sup>TH</sup> JUNE 7PM</b>    | <b>“NRG FIT”</b>                                  |
| <b>WED 28<sup>TH</sup> JUNE 7PM</b>    | <b>GYM BOOT</b>                                   |
| <b>SAT 1<sup>ST</sup> JULY 9.30AM</b>  | <b>SARGES CHOICE.</b>                             |
|  | <b>MEET AT BARRACKS</b>                           |

**\* ALL BOOTCAMP SESSIONS ARE INCL IN UNLIMITED NRG MEMBERSHIP**

|                                 |   |
|---------------------------------|---|
| <b>SAT 1<sup>ST</sup> JULY</b>  | <b>END OF TERM 2</b>  |
| <b>MON 17<sup>TH</sup> JULY</b> | <b>TERM 3 UNLIMITED NRG MEMBERSHIP STARTS. 10 WEEKS \$400</b> |
| <b>MON 17<sup>TH</sup> JULY</b> | <b>START OF 10 WEEK TERM 3 CLASSES. COST \$150 EACH</b>       |
| <b>MON 17<sup>TH</sup> JULY</b> | <b>BOOTCAMP JULY/AUG BEGINS</b>                               |
|                                 | <b>BOOTCAMP RUNS FOR 4 WEEKS.</b>                             |

### **COSTS ARE:**

|  |                                 |
|--|---------------------------------|
| <b>3 SESSIONS / WEEK</b>                 | <b>\$150</b>                    |
| <b>2 SESSIONS / WEEK</b>                 | <b>\$120</b>                    |
| <b>1 SESSION / WEEK</b>                  | <b>\$80 (\$20 EACH SESSION)</b> |
| <b>2 SESSIONS / WEEK PLUS 1 PT GROUP</b> | <b>\$180</b>                    |

Please note that the Bootcamp sessions are unredeemable. If you would like the flexibility to switch classes between the PT Group classes and Bootcamp each week, the UnlimitedNRG membership would be a better option. Otherwise if you are a Bootcamp member you can jump into a PT Group class as a casual for \$15.00.

\*Please be aware we don't offer catch up classes for Bootcamp.

Look below for further details about UnlimitedNRG.

## UNLIMITED NRG CLASSES

Unlimited NRG is a membership which came about from requests by you. 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. It is paid upfront for each term throughout the year and the terms run consecutively with the Victorian school holiday dates. If you are new to Fitness NRG, you can take an Unlimited NRG Membership anytime throughout the term. Existing Fitness NRG members can upgrade with a simple adjustment to their fee. This is a great affordable alternative to one on one Personal Training giving you as many classes as you like each week. . Contact Cheryle 0419 535 720 if you have any questions.

### CLASSES AVAILABLE (ALL CLASSES ARE INCL IN UNLIMITED NRG MSHIP)

| MON  | TUES   | WED  | THURS  | FRI | SAT                       |
|--|--|--|--|-----|---------------------------|
|  |  |  |  |     |                           |
| 9.30AM<br><b>POWERBAR</b><br>10 WEEKS<br>\$150 |  | 9.30AM<br><b>STEP/ABS</b><br><b>/BUTT</b><br>10 WEEKS<br>\$150 |  |     | 9.30AM<br><b>BOOTCAMP</b> |
|  |  |  |  |     |                           |
|  | 5.30PM<br><b>POWERBAR</b><br>10 WEEKS<br>\$150                   |  |  |     |                           |
|  | 6.30PM<br><b>CORE AND</b><br><b>STRETCH</b><br>10 WEEKS<br>\$150 |  | 6.30PM<br><b>POWERBAR</b><br>10 WEEKS<br>\$150 |     |                           |
| 7PM<br><b>BOOTCAMP</b>                         |  | 7PM<br><b>BOOTCAMP</b>   | 7.30PM<br><b>STRETCH</b><br>10 WEEKS<br>\$100  |     |                           |

## PERSONAL TRAINING

FitnessNRG provides affordable Personal Training for all ages. We have kept our fees low and they have remained the same since 2008. These sessions are a great way to receive full attention in each training session. It's designed for those who need and want the one on one training for a number of reasons. Some of those reasons are to strengthen and correct bad posture, rehabilitation due to injury, weight loss, tone up, general fitness etc.. You can train with a friend or a partner as well.

### Costs are:

|              |      |      |
|--------------|------|------|
| One person   | 1hr  | \$50 |
| One person   | ½ hr | \$40 |
| Two people   | 1hr  | \$60 |
| Three people | 1hr  | \$60 |
| Four people  | 1hr  | \$80 |

\* Please note that there are only a number of hours per day available for Personal Training. We know how important your training is to you and it is also important to us.

**24 hrs notice** is required if you cannot make your Personal training session.

Because of unlimited hours we require 50% payment if you cancel your session at short notice. This is paid when you have your next training session.

e.g. If you do one on training and cancel less than 24hours, your next session will cost \$75.

Sorry guys but some people miss out when they need to change their times and at times we don't have one available because a permanent time is taken. Most people want to train in the morning and evening which leaves very little availability sometimes. ☹

We try very hard to keep you guys happy 😊😊

## HEALTHY JOINTS

### THE BEST MOVES FOR RUNNERS TO SUPPORT THE HIPS, KNEES AND ANKLES

Experts agree that one of the most important things a runner can do to prevent joint pain is to incorporate regular strength work into their training routine. Strengthening exercises condition muscles, tendons, bone, and cartilage so that they can better tolerate the stress of running. The exercises here, work the muscles that support your hip, knee and ankle joints. Single-leg exercises for runners are important because "running is simply a series of one-legged squats". "You've got to strengthen your legs in a way that has a functional carryover to your sport." Once you can do these exercises comfortably with proper form, add weight. Runners should work up to being able to do six to eight repetitions with a weight that is heavy enough so that the last few repetitions in a set are difficult. This helps mimic the stress load placed on the body while running.

#### SIDE PLANK

Start on your left side. Tighten your abs and lift your hips up. Hold for 30 seconds, then relax. Switch sides and repeat, aiming for five reps on each side. Make it harder: lift your top leg while in the plank position.

#### SINGLE-LEG LUNGE

Stand in front of a bench or chair facing away and place your left foot on it. Squat down until your right thigh is parallel with the ground. Beginners should start with 10 repetitions (on each side), with the goal of working up to 20 repetitions.

Make it harder: once you can do 20 reps with proper form, hold dumbbells.

### **SINGLE-LEG DEADLIFT**

Stand on your left leg. Keeping your back straight, bend forward and reach for the ground. Return to standing and repeat. Start with 10 reps (on each side), with the goal of working up to 20 reps.

Make it harder: once you can do 20 reps with proper form, hold dumbbells or a weighted bar.

### **SINGLE-LEG CALF RAISE**

Stand on your right leg – feel free to touch a wall or chair for balance. Slowly lift up onto your toes, then lower down. Work up to 30 reps on each leg.

Make it harder: Once you can do 30 reps on each leg with proper form – and not using anything for balance – you can hold dumbbells.

### **SINGLE-LEG BRIDGE**

Lie with knees bent and arms extended out. Straighten your right leg. Tighten your glutes and lift your hips. Hold for a few seconds, then lower down. Work up to 25 repetitions on each leg.

Make it harder: once you can do 25 reps on each leg with proper form, fold your arms across your chest.

### **SIDE LEG LIFT**

Lie on your side with your legs extended out. Lift your right leg up slowly, then lower it slowly.

Do not allow your pelvis to roll forward or backward. Work up to 30 repetitions on each side.

Make it harder: once you can do 30 reps with proper form, use dumbbell weights.

## **IS YOUR BACK AND HIP SLOWING YOU DOWN ?**

A strong back and exercise are mutually dependent: not only will back strength keep your fitness program on track, but exercise is also the foundation of back pain treatment. Still, the lower back often plagues exercisers. So before we go too far into solutions, it's important to know how the back and hip muscles work, and what they're meant to do.

The spine is basically a column of blocks (vertebra) supported by the muscle and fascia that forms the body trunk. Imagine the trunk of the body as a tube or cylinder, with the base of the cylinder at the pelvis and the top at the rib cage. The cylinder is supported in compression by the lumbar spine, but the spine alone cannot keep an upright posture, so the muscles and fascia layers between the pelvis and rib cage must work in concert to help.

The supporting tissues function much like the guy wires on a tall TV tower, holding the spine in place by keeping it in proper alignment and stable. In addition, the muscles supporting the pelvis and rib cage must also function well to keep the spine in line.

The vast majority of the torso's bending and twisting motion occurs beneath the ribs and above the pelvis, between the last thoracic vertebra and the last lumbar vertebra.

As long as the discs between the vertebra bones and the other vertebral articulations are functioning well, the spine movement through this critical lumbar segment usually remains intact. But like the rest of the joints in the body, these articulations in the spine are subject to wear and tear. The best way to limit damage is to maintain stability with strong muscle support. The other critical segment in lower-back health is the pelvis. The sacroiliac – or SI – joints move through about five degrees of rotational motion with every step in a normal running gait. If the SI joints are not moving well, that extra motion is transferred to the opposite SI joint or to the lumbar spine, adding wear and tear to those areas.

So on to solutions: first, people do slow with age, so as a 60+ runner, you will not be able to maintain the same pace as in your younger years. Second, stretching the back is not the answer, as stretching does nothing to support or control the trunk.

The key is to maintain strong neuromuscular control to allow the lumbar spine, pelvis, rib cage and related muscle-fascia units to work in harmony. Neuromuscular control for back health

addresses the entire kinetic chain to keep the trunk and pelvis muscles strong to control the pelvis bones and the trunk fascial tissues.

Simple exercises can protect the back: Such as the cat and camel stretch, the superman, the sit up roll down, and the side bridge. The cat and camel gets the lower back moving. The others work the muscles that support and control the trunk fascia.

All these exercises and more are part of FitnessNRG Core and Stretch class Tuesdays 6.30pm.

The other key component is the core strength that controls the pelvis throughout the motions associated with running. The glutes and other butt muscles are targeted for this part of your back health program. Properly done, squats and lunges are a mainstay, but there are additional muscle groups you can target.

Powerbar classes are ideal for strengthening all the major muscle groups and also involve working the glutes. We run three classes a week at FitnessNRG.

Gym Boot is another program offering an opportunity for strengthening all muscle groups and the important core muscles. Gym Boot is part of the Bootcamp program.

## How to have your cake and eat it too

At times, most of us will indulge and eat something that has far more calories than we need. A sweet treat with a cup of coffee and a chat with a favourite friend can be one of life's simple pleasures but also one of life's calorie overloads if we are not careful. Here are the best and worst sweet treats to enjoy with your coffee, so you can keep the calories as controlled as you need to.

| <b>Sweet Treat</b> | <b>Fat per serve</b> | <b>Carbs per serve</b> | <b>Calories per serve</b> |
|--------------------|----------------------|------------------------|---------------------------|
| Banana bread       | 25g                  | 70g                    | 580                       |
| Choc Brownie       | 22g                  | 25g                    | 300                       |
| Muffin             | 34g                  | 90g                    | 700                       |
| Cheesecake         | 25g                  | 30g                    | 400                       |
| Friand             | 10g                  | 17g                    | 160                       |
| Subway Cookie      | 10g                  | 30g                    | 210                       |
| Small Cupcake      | 6g                   | 20g                    | 150                       |
| Large Cupcake      | 20g                  | 40g                    | 350                       |
| Biscotti           | 1g                   | 5g                     | 30                        |
| 2 Paradise         | 2g                   | 17g                    | 90                        |

VIVES