



December Newsletter

CHRISTMAS TRADING HOURS

We will close for Christmas on Friday 23rd.

Limited appointments will be available 28th, 29th and 30th Dec.

Normal training hours will resume on Wednesday 4th January, 2012



Josh Fontana 1st
 James Eddy 5th
 Marieke Van der Graaff 6th
 Cath Macdonald 7th
 Kerry Toderro 10th
 Rachel Treeby 13th
 Maureen Jackson 15th
 Jane Kilkenny 16th
 Chris Handson 16th
 Kristin Lavrans 17th
 Bec Watters 19th
 Jenelle Wilkes 20th
 Stu Hill 23rd
 Harold Jackson 28th
 Josie Marcello 29th
 Donna Pattison 31st
 Marija Borosak 31st
 Liz Brooks 31st

Toughen Up!

A 10 week **Tough Mudder** Training Camp will commence on Saturday 14th January, 2012.

This training camp is highly recommended for anyone participating in the **Tough Mudder** event, but is also open to anyone wanting to seriously challenge their fitness in the New Year.

Each session will include fitness and strength and will be held at Clifford Park Activity Centre in Wonga Park. Each week you will be challenged for 90 minutes as we navigate a serious obstacle course including log walls, cargo nets, tunnels, rope swings and trail running.

You will get muddy, increase your fitness but most of all it will be a lot of fun!



7am-8:30am (Saturdays)
Clifford Park Activity Centre
7 Clifford Park Drive, Wonga Park

Dates:

January	14th	21st	28th
February	4th	11th	18th 25th
March	10th	17th	24th

\$220

This is a **10 week package**, no casual sessions
Price includes training camp top.

Sign-up for this package by 16th December.

CHRISTMAS GIFT IDEAS

Give the gift of fitness this Christmas. How about a gift voucher for training sessions or classes.

Great product options include:

Polar Heart Rate monitors- increase and monitor the intensity of your training

Harbinger training gloves- provide better grip and hand protection

Punch boxing gloves and wraps- always have your favourite gloves on hand

Medicine balls - great for home core training

Fitballs- great for additional home training

Treadmills- no excuses for cardio when you have your own treadmill

Bodyscan- the best way to monitor your body



Dont forget to check out the gymsales.com.au website for a great range of exercise gear. Fitness Energy discount promo code: FITEN

ALL PRODUCTS CAN BE ORDERED DIRECTLY AT FITNESS ENERGY, ASK YOUR TRAINER.

Fee Increase

Our last increase in session fees was 2008 so it is time for a small rise effective from 1st January 2012. The new fees are as follows;

30 minute sessions \$40

30 minute sessions (child) \$25

30 minute sessions (student)\$30

**20 pack bonus 1 session free

60 minute sessions \$60

60 minute sessions (child) \$35

60 minute sessions (student) \$40

Classes:

Casual class \$20

10 class card \$150 (\$15 per class)

Purchase extra sessions prior to Christmas so you can train in the new year for the old price.

First Aid Course

Level 2

Sunday 11th December, 2011

10am-4pm

\$150 per head

Online component to be completed prior to the day. Please contact Jane



CHRISTMAS PARTY



Friday 9th December

7:30pm

Warrandyte R.S.L

Please RSVP by Monday

5th December

Fitness Energy

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