



September Newsletter

Treadmill Challenge
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Schools Challenge



SCHOOLS CHALLENGE

Thank-you to the following schools who joined us on the Thursday and made a great contribution, with kilometres and fundraising.

Yarra Valley Grammar
CLC Mullauna
POPS St Annes
Milgate Primary
Andersons Creek Primary

WELL DONE TEAMS!!

Treadmill Challenge

The 2011 Treadmill Challenge was an outstanding success. I would like to take this opportunity to say a HUGE THANK-YOU to everyone who helped out, participated, donated and sponsored our event. So far we have raised over \$30,000 and there are still donations coming in. If you are still to make your donation please do so as soon as you can. Our kilometre total was 2830 which is way more than last year!!!

Please thank our generous sponsors and supporters where possible.

Our major sponsors include:-

All Over Bins
Automobility
Capitol Group
ATEQ Consulting
Eagle Lighting Australia
Newtone Press

Additional Supporters:-

Cafe Orchard	Lions Club
PODS	Bendigo Bank
Active Feet	Macquarie Bank
Smash Enterprises	Hoskins Wallace
Ab Fab Cakes	Gymsales
Mitcham Eye Care	GB Motors
Coles	TFG (Treadmills)

LAUNCH RUN

This year we kicked off the Piggy Bank Appeal with my run from Very Special Kids in Malvern out to Fitness Energy. This was a great success and we received plenty of support from motorists and the media.

This run would not have been possible without the support of a fantastic team of Victoria Police led by Colin Greenland of the Nunawading Highway Patrol.

We were greeted by a fantastic group of supporters and enjoyed a delicious breakfast prepared by Cafe Orchard and the Lions Club. Thanks to everyone for your support.



School Holidays

If you are going away on holidays please let us know as soon as possible to facilitate scheduling.



SPIN BIKES

As we are no longer having spin classes the 3 red Schwinn bikes are now for sale. Please speak to Jane if you are interested. The bikes are \$500-

Extra Cardio

As the warmer weather is approaching, and daylight savings (YAY!!) now is a good time to increase your cardio and shed any extra winter padding. When it's cold we all eat a little more so get back on track and increase your activity. Don't forget our classes which provide a fun way to burn those calories.

Boxing:- Tuesday 9am
Tuesday 7:30pm
Thursday 6am
Sunday 9am

Step:- Wednesday 10am
All classes 60 minutes in duration.



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