

Newsletter – June / July 2013

Welcome to Week 10, Term 2 at ERGfit.
We hope the cold weather hasn't deterred you from training.
And now that we are in the midst of winter; there is no better time to train indoors...

It has been a busy term with some of our instructors training and racing the Masters rowing season. And thanks to all of you for assisting us with our training and joining us for our indoor sessions.

A sad goodbye to one of our receptionists and she moves into full time work after years of being a student. Thanks Diana for your efforts and for being part of the ERGfit team.

On another note, I would like to welcome Brittany back. After a gap year in the Navy, Brittany is now able to fulfil the administration and reception role. She is an experienced rower and has previously rowed at the AIS as part of the Under 19 Development Squad in 2011. She is now studying nursing and continues to row. She previously worked with ERGfit as one of our LEARN 2row coaches.

ERGfit has some news this term too! After occupying the property on Mount Alexander road for 7 years, we have decided to end the lease due to increasing rental costs and expenses that we can no longer sustain.

ERGfit will be relocating to the Essendon Angling Club as a temporary home for the next 6-12 months. We are hoping to purchase our own property in the near future.

**Essendon Angling Club is located at:
44 The Boulevard
Moonee Ponds VIC 3039**

Essendon Angling Club is located next door to Essendon Rowing Club. There is ample parking and toilets and changerooms are provided.

Our website and email address will remain the same.
www.ergfit.com.au info@ergfit.com.au

Scott and Tamara can be contacted on their mobiles.
Scott 0414 433 905
Tamara 0407 802 686
For all bookings and enquiries, please contact Tamara.

At this stage, we will not be running any classes on Monday, Wednesday and Friday evenings. All morning classes will remain the same. We apologise for any inconvenience for the changes in the group fitness timetable. We do hope that you are able to continue your training with the ERGfit team.

Term 3 dates: Monday 15th July – Saturday 21st September

School Holiday Casual Timetable

Stay fit over the holidays – participate in our casual classes!

Casual classes will commence at our new venue on Tuesday 9th July 2013 with the following classes available.

Tuesday 9 th July	6pm	ERGfit Skill
	7pm	ERGfit Circuit
Wednesday 10 th July	930am	ERGfit / GYMstick
Thursday 11 th July	930am	ERGfit Combo
	6pm	ERGfit
	630pm	GYMstick / Circuit
	7pm	ERGfit Advanced
Friday 12 th July	930am	ERGfit Circuit
Saturday 13 th July	9am	ERGfit Combo

NEW Timetable for Term 3

Tuesday	6am	ERGfit
	6pm	ERGfit Skill
	7pm	ERGfit Circuit
	8pm	ERGfit / GYMstick
Wednesday	930am	ERGfit / GYMstick
Thursday	930am	ERGfit Combo
	6pm	ERGfit
	630pm	GYMstick / Circuit
	7pm	ERGfit Advanced
Friday	930am	ERGfit Circuit
Saturday	9am	ERGfit Combo



A Location of Essendon Angling Club
Enter premises via The Boulevard.



INDOOR ROWING
fitness with a difference

Newsletter – June / July 2013 continued...

LEARN 2row at Essendon Rowing Club



The next LEARN 2row course is due to commence in July. There are still seats available should you wish to give on water rowing a try! Courses run for 6 consecutive Saturdays. See website for more details or contact Zoe via email.

<http://essrc.com/Default.aspx?pageId=1601421>

learn2row@essrc.com

Rowing News

The Australian Masters Rowing Championships were held on Lake Burley Griffin in Canberra back in April. Essendon Rowing Club had a very successful campaign coming home with 15 Gold, 3 Silver and 5 Bronze medals.

ERGfit instructors Scott, Jeff, Kate and Tamara all competed and added to the medal tally. Full results can be found at: <http://www.essrc.com/news.html?mode=PostView&bmi=1307906>



Start of the Women's A quad final – Essendon RC



Torino2013
World Masters Games

Both Scott and Tamara are heading to Italy in August this year along with a handful of competitors from Essendon Rowing Club to race at the 2013 World Masters Games in Rowing. We wish them luck and hope to see many photos on their return.

Registrations NOW OPEN for Term 3

Have you received your invoice? If you are keen to join our classes as a TERM member, see our reception staff now.



Eureka Climb is Australia's Biggest Vertical Race! Held on Sunday 17th November at the Eureka Tower; one of the world's tallest residential buildings, it raises money for disadvantaged young people at home and abroad.

ERGfit would like to enter a team to climb the **1,642 stairs** to the top! It is an all-day event with lots of entertainment,

festivities and activities; Eureka Climb is open for people of all ages and fitness levels!

We would like to run a number of training days for this event. Do YOU know of any stairs in the area? If you would like to participate register your interest NOW at reception.

EVENTS COMING UP...

Sunday 30 th June	Club Races – Essendon RC
Tuesday 9 th July	Casual classes commence
Tuesday 16 th July	Term 3 commences
Wednesday 7 th August	World Masters Games – Turin ITALY
Wednesday 7 th August	World Junior Rowing C'ships – Trakai LITHUANIA
Sunday 11 th August	Essendon Rowing Club - AGM
Saturday 14 th September	Saltwater Challenge – 4.5km row Tough Mudder Challenge
Sunday 13 th October	Melbourne Marathon
Saturday 9 th November	Kathmandu Adventure Series

End of Financial Year ERGfit Clearance Sale



ERGfit is having a MASSIVE clearance SALE with 50% OFF all stock!

Be QUICK – offer only available on current stock.

Sale ends Saturday 29th June 2013.

Concept2 Rowing Machine Repairs & Maintenance

Do you own a rowing machine? Is it in need of a service? ERGfit now offers a Repair & Maintenance service for your Concept 2 rowing machine.

Call Scott on 0414 433 905 for more details.