

# ***ERGfit News, Events & Calendar***

## ***2016 Dates to Remember***

<i>Sat 9<sup>th</sup> Apr</i>	<i>RUNNING group commences today</i>
<i>Sun 10<sup>th</sup> Apr</i>	<i>Cycling Victoria Mt Macedon Challenge</i>
<i>Mon 11<sup>th</sup> Apr</i>	<i>Victoria Police &amp; Emergency Services Games</i>
<i>Tue 12<sup>th</sup> Apr</i>	<i>Term 2 commences</i>
<i>Sat 16<sup>th</sup> Apr</i>	<i>Ballarat Masters Regatta</i>
<i>Sat 23<sup>rd</sup> Apr</i>	<i>Carrum Masters Regatta</i>
<i>Sun 24<sup>th</sup> Apr</i>	<i>Mountain Trail Series - RACE 1 Maroondah Dam Fun Run</i>
<i>Mon 25<sup>th</sup> Apr</i>	<i>ANZAC DAY</i>
<i>Fri 29<sup>th</sup> Apr</i>	
<i>To Sun 1<sup>st</sup> May</i>	<i>FILEX Health &amp; Fitness EXPO</i>
<i>Sat 30<sup>th</sup> Apr</i>	<i>Albert Park Masters Regatta</i>
<i>Sun 1<sup>st</sup> May</i>	<i>Puffing Billy Great Train Race – Fun Run</i>
<i>Sat 7<sup>th</sup> May</i>	<i>ERGfit 10km &amp; Half Marathon events</i>
	<i>Geelong Masters Regatta</i>
<i>Sat 14<sup>th</sup> May</i>	<i>RV State Masters Rowing Championships</i>
<i>Thur 2<sup>nd</sup> to</i>	<i>Australian Masters Rowing Championships</i>
<i>Sun 5<sup>th</sup> June</i>	
<i>Mon 13<sup>th</sup> June</i>	<i>QUEEN'S B'DAY</i>
<i>Sat 25<sup>th</sup> June</i>	<i>Last day Term 2</i>
<i>Sun 26<sup>th</sup> June</i>	<i>Stadium STOMP – stair climb challenge</i>
<i>Tue 5<sup>th</sup> July</i>	<i>casual classes commence</i>
<i>Tue 12<sup>th</sup> July</i>	<i>Term 3 commences</i>
<i>Sun 17<sup>th</sup> July</i>	<i>Mountain Trail Series – RACE 3 You Yangs</i>
<i>Sun 24<sup>th</sup> July</i>	<i>RUN Melbourne fun run – 5,15km</i>
<i>Sun 14<sup>th</sup> Aug</i>	<i>Urban Trail Series – RACE 3 Tan Ultra</i>
<i>Sat 20<sup>th</sup> Aug</i>	<i>ERGfit Indoor Racing Series – RACE 1</i>
<i>Sun 11<sup>th</sup> Sept</i>	<i>Amy's Gran Fondo – BIKE RIDE</i>
<i>Sat 17<sup>th</sup> Sept</i>	<i>ERGfit Indoor Racing Series – RACE 2</i>
<i>Sat 15<sup>th</sup> Oct</i>	<i>ERGfit Indoor Racing Series – RACE 3</i>
<i>Sat 5<sup>th</sup> to</i>	
<i>Sat 12<sup>th</sup> Nov</i>	<i>Pan Pacific Games – QLD</i>

# **ERGfit News, Events & Calendar**

## **2016 Casual Classes:**

## **July School Holidays**

<i>Tuesday 5<sup>th</sup> July</i>	<i>6.00pm</i>	<i>ERGfit</i>
	<i>7.00pm</i>	<i>ERGfit Circuit</i>
<i>Wednesday 6<sup>th</sup> July</i>	<i>9.30am</i>	<i>ERGfit / GYMstick</i>
<i>Thursday 7<sup>th</sup> July</i>	<i>5.30pm</i>	<i>ERGfit</i>
	<i>6.30pm</i>	<i>GYMstick / Circuit</i>
<i>Friday 8<sup>th</sup> July</i>	<i>9.30am</i>	<i>ERGfit / Circuit</i>
<i>Saturday 9<sup>th</sup> July</i>	<i>7.00am</i>	<i>ERGfit Running Group</i>
	<i>9.00am</i>	<i>ERGfit Combo</i>

- ◆ *Casual passes can be used in all the above classes.*
- ◆ *Casual classes are paid classes.*
- ◆ *There are no catch up sessions to be done during these classes.*
- ◆ *Bookings essential!*

***ERGfit is CLOSED...***  
***Monday 27<sup>th</sup> June to Sunday 3<sup>rd</sup> July inclusive***  
***Week 1 of the School Holidays***

## **2016 ERGfit Term Dates**

<b><i>Term 1:</i></b>	<b><i>Tuesday 12<sup>th</sup> January to Saturday 19<sup>th</sup> March</i></b>	<b><i>(10 wks)</i></b>
<b><i>Term 2:</i></b>	<b><i>Tuesday 12<sup>th</sup> April to Saturday 25<sup>th</sup> June</i></b>	<b><i>(11 wks)</i></b>
<b><i>Term 3:</i></b>	<b><i>Tuesday 12<sup>th</sup> July to Saturday 17<sup>th</sup> September</i></b>	<b><i>(10 wks)</i></b>
<b><i>Term 4:</i></b>	<b><i>Tuesday 4<sup>th</sup> October to Saturday 19<sup>th</sup> December</i></b>	<b><i>(11 wks)</i></b>



**Tamara 0407 802 686**  
**Scott 0414 433 905**  
**Email: [info@ergfit.com.au](mailto:info@ergfit.com.au)**  
**Website: [www.ergfit.com.au](http://www.ergfit.com.au)**