

Business achievers

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BUSINESS
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PUNISHING REGIME: Breaking Point Fitness trainer Darren Young takes his crew through some training.

Bootcamp classes popular

BOOTCAMP-STYLE training is taking over the fitness industry one push-up at a time, and North Lakes' Breaking Point Fitness is seeing record class numbers.

Operating in North Lakes for four years, Breaking Point trains almost 200 people a week, with up to 60 in some bootcamp classes.

Owner and head trainer Darren Young said the classes were large

because people felt they got results from bootcamp training.

"We have some of the biggest group fitness classes around and the numbers are proof that people are getting results," he said.

"Bootcamp training is popular for two main reasons and that is that there are trainers there to support and encourage you, and after a class you know that you

have worked really hard."

Mr Young busted the myth that boot camp training was harsh and regimented, and said Breaking Point offered classes with no shouting and no intimidation.

Breaking Point runs bootcamp classes every weekday at 5.45am, every evening at 6.15 and Saturday classes at 7am.

Phone 0433 171 979

Business lunch

ABC television presenter Kerry O'Brien will share experiences of 45 years in journalism at next month's Better Business Lunch.

Bookings are a must for this event sponsored by Quest Community Newspapers. Tickets cost \$65. The luncheon will be at Morgans Sunset Blue function centre at Scarborough Boat Harbour on Friday, September 16 from 11.45am-2pm.

Phone Moreton Bay Regional Council on 3205 0555

NEWS PACK

YOGA CLASSES

Get fit and relax with multi-level yoga classes at Mango Hill Community Hall. Classes are held Tuesdays 7.30am-9am and Saturdays from 8am-9.30am. Classes cost \$15. For more information phone 3491 3903.

SURGERY HOURS

North Lakes Doctors have new opening hours. From Monday-Friday the centre is open from 7am-6pm and late night on Thursday is until 8 o'clock. Saturday hours are 8am-12pm. New patients welcome. Phone 3204 4433.

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