



Urban Goddess
Fitness for the Mind & Body

Summer 2008 - Goddess News



**+ NEW +
4-Week
SURFIT FOR
GODDESSES
Course
Jan 09
\$110**

Welcome to Summer...

Wishing you a happy and healthy Christmas and look forward to seeing you in the new year!

Melisa George
Urban Goddess



REGISTER FOR THE 3-WEEK
SUMMER CHALLENGE
Pre-Training Assessment Meeting
Thursday 8th January
Training begins Monday
12th January 2009

Urban Goddess News

Pamper Xmas Party

Put on your party dress grab your girlfriends and come along to the Urban Goddess Pamper Xmas Party and Awards night on Thursday 18th December at Rydges Cronulla from 7pm. There will be prizes, finger food, champagne cocktails, hand massages, belly dancing and mini make-ups.

3-Week Summer Challenge

Don't forget to register for the 3-Week Summer Challenge beginning 8th January – all details are on our newly updated website.

Term 1/2009

Begins Monday 2nd February offering 10 sessions per week. We are taking registrations for all sessions and have enclosed a flyer with more details.

Website Update

We have just updated our website with more descriptive details regarding our training programs and packages and as of 1st December you can shop on-line to purchase training programs and products.

Term Registrations & Bookings

Upon registering for any training sessions you will be direct to our Shop to purchase your packages this will elevate registering all your details by having your own username and password.

Urban Goddess Products

Our range includes a selection of beautiful pamper products such as Urban Goddess Essential Oil, Secret Women's Oil. And keep an eye out for our Urban Goddess clothing line soon to be released.

Term 1/2009 begins

Monday 2nd February offering
10 sessions per week

See below for session descriptions

BoxFIT- Mon 6.30pm - Tues 6.00am - Sat 8.00am

A medium-impact 60-min boxing style workout combining cardio training, hand weights and exercise drills, completed with a stretching routine. No partner required

BeachFIT - Wed 7.00pm - Friday 6.00am

A medium intensity 60-min interval style cardio session incorporating walk/run and exercise drills followed by a hand weight session in the park and completed with a stretching routine.

BodyFIT - Thurs 6.00am - Thurs 7.00pm

A low-impact 60-min barbell session in the park that strengthens and tones your entire body using adjustable weights and completed with a core strength and stretch routine.

SurfFIT- Saturday 7.00 am

A complete workout for your body starting with a 20-min yoga/stretch session on the beach followed by a 60-min 'Learn to Surf' session.

PaddleFIT - Wed 6.00am - Sat 8.30am

A complete workout for you body starting with a 20-min yoga/stretch session in the park followed by a 60-min guided kayaking session.

To read more and register log onto
www.urbangoddess.com.au



BoxFIT - Oak Park



BeachFIT - Wanda

proudly supported by



ALL ENQUIRIES
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For all 2009 Fitness Programs, Session Times and to Register log onto

www.urbangoddess.com.au