

BEACH CAMP FOR GODDESSES



3 WEEK SUMMER CHALLENGE 2010

BoxFIT - Weights - Stretch

(low impact - minimal running for all ages and fitness levels)

Pre-Week Assessment: Thursday 7th January 7.00pm

Training Week Starts: Monday 11th January

Cost: \$60.00 1 x per week for 3 weeks inc. assessment

\$110.00 2 x per week for 3 weeks inc. assessment

\$160.00 3 x per week for 3 weeks inc. assessment

All Sessions are 1 hour & held at Oak Park Cronulla

6.00am Tues, Thurs, Fri

6.30pm Mon

8.00am Sat

7.00pm Wed, Thurs

The festive season will be over so it will be re-focus on your HEALTH & FITNESS

Over the 4-weeks (3 weeks of training) you will:

Complete a personal and physical assessment, regain your fitness, tone and strengthen your body complete a food diary, weekly weight check shed those extra kilos and renew your energy levels....

The 3-Week Challenge starts off with a pre-training "Health Talk & Personal Assessment" night the week prior to starting your training. You will be presented with a training manual that includes nutritional and exercise advice, tips, goal setting and an easy to follow realistic menu and food diary presented by your trainers.



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