



Urban Goddess  
Fitness for the Mind & Body

**BEACH CAMP  
FOR  
GODDESSES**  
★★★★★

**TERM 3 - 2010 STARTS 5TH JULY**

**8 week term - 7 sessions per week**

**\$120 x 1 session per week,**

**\$220 x 2 session per week, casual \$20**

**\*BabyFIT \$160 for 8 week term**

(TERM BOOKING INCLUDES FREE BEACH CAMP FOR GODDESSES SINGLET)



Melisa George  
- Personal Trainer &  
Founder Urban Goddess

m		<b>BoxFIT</b> oak park
t	6.00am <b>BodyFIT</b> oak park	9.30am <b>*BabyFIT</b> oak park
w		7.00pm <b>BeachFIT</b> oak park
t	6.00am <b>BoxFIT</b> oak park	7.00pm <b>BodyFIT</b> oak park
f	6.00am <b>BeachFIT</b> wanda	
s		8.00am <b>BoxFIT</b> oak park

**REAL WOMEN  
REAL BODIES  
REAL RESULTS  
REALISTIC TRAINERS**

**SESSION DESCRIPTIONS**

**BabyFIT** – A total fitness program and low-impact circuit style workout for new mums that they can do whilst their babies are being minded near by.

**BoxFIT** – 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** – 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** – 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.

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[www.urbangoddess.com.au](http://www.urbangoddess.com.au)

established 2004

