



Urban Goddess
Fitness for the Mind & Body

BEACH CAMP FOR GODDESSES



BabyFIT



BoxFIT



BodyFIT



BeachFIT



KayakFIT



Personal Training



SurfFIT



StretchFIT

TERM 1 - 2010 BEGINS 2ND FEBRUARY

**8 week term \$120 X 1 session per week,
\$220 x 2 sessions per week, casual \$20
KayakFIT & SurfFIT \$220 x 8 week term**

(TERM BOOKING INCLUDES FREE BEACH CAMP FOR GODDESSES SINGLET)

**OUTDOOR
EXERCISE
FOR WOMEN**

monday	tuesday	wednesday	thursday	friday	saturday
	6.00am BodyFIT oak park	6.00am StretchFIT oak park	6.00am BoxFIT oak park	6.00am BeachFIT wanda	7.00am SurfFIT wanda
	9.30am BabyFIT oak park				8.00am BoxFIT oak park
6.30pm BoxFIT oak park		7.00pm BeachFIT oak park	7.00pm BodyFIT oak park		8.30am/10.00am KayakFIT wanda

SESSION DESCRIPTIONS

BabyFIT – A total fitness program and low-impact circuit style workout for new mums that they can do with their babies 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.

KayakFIT – A complete workout for your body starting with a 20 minute yoga/ stretch session on the beach followed by a 60 minute 'Learn to Kayak' session.

StretchFIT – A park session combining stretching, yoga and pilates techniques, completed with a short meditation.

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

Sessions are designed for women of all ages and fitness levels and abilities – All equipment is supplied for every session all you need to bring is your water!

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established 2004

 **Rituelle**
URBAN
BATH · BODY · BEAUTY

 tamarind

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PERFORMANCE FOOTWEAR & TRAINING