



# Urban Goddess

*Fitness for the Mind & Body*

## BEACH CAMP FOR GODDESSES



**OUTDOOR  
EXERCISE  
FOR  
WOMEN**

**TERM 3 - 2009 BEGINS 13TH JULY**  
**8 WEEK TERM \$120 X 1 SESSION PER WEEK,**  
**\$220 X 2 SESSIONS PER WEEK, CASUAL \$20**

(TERM BOOKING INCLUDES FREE BEACH CAMP FOR GODDESSES SINGLET)

### JULY-AUGUST-SEPTEMBER 09 TIMETABLE

| MON                          | TUES                          | WED                             | THURS                         | FRI                             | SAT                          |
|------------------------------|-------------------------------|---------------------------------|-------------------------------|---------------------------------|------------------------------|
|                              | 6.00AM<br>BodyFIT<br>OAK PARK | 5.30PM<br>Fifty+FIT<br>OAK PARK | 6.00AM<br>BoxFIT<br>OAK PARK  | 6.00AM<br>BeachFIT<br>WANDA     | 8.00AM<br>BoxFIT<br>OAK PARK |
| 6.30PM<br>BoxFIT<br>OAK PARK |                               | 7.00PM<br>BeachFIT<br>OAK PARK  | 7.00PM<br>BodyFIT<br>OAK PARK | 7.30AM<br>Fifty+FIT<br>OAK PARK |                              |

### SESSION DESCRIPTIONS

**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.

**Fifty+FIT** – A low impact 60-min session in the park that strengthens and tones the entire body. Each session will be a mix of current Beach Camp for Goddesses routines designed specifically for WOMEN 50 PLUS.

*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!*

## about Urban Goddess

Urban Goddess was founded in 2004 by Melisa George and has been established to nurture women who live in urban surroundings and feel the need to nourish their physical, spiritual and emotional self.



Urban Goddess is about creating a comfortable and encouraging environment for women to make a positive impact on their health and fitness and overall well being. At Urban Goddess we not only want you to enjoy life, but to also have a better quality of life that means having fun whilst exercising and meeting other like-minded women outdoors in the fresh air.

Urban Goddess offer the widest variety of outdoor group training for women in Cronulla.

### Personal Training

Programs are designed specifically to clients individual needs.

### Beach Camp for Goddesses

Group exercise offering 7 sessions per week, BeachFIT, BoxFIT and BodyFIT

### Summer and Spring 3-Week Challenges

Get your Beach Body Back!

### SurfFIT for Goddesses

Learn to surf and practice yoga

### KayakFIT on Goddesses

Kayaking on Gunnamatta Bay

### Fifty+FIT for Goddesses

Outdoor Group Exercise for Women 50 plus

### Baby Camp for Goddesses

A total fitness program for new mums that they can do with their babies

### Postnatal Personal Training

Gentle exercise and stretching in the comfort of a new mothers home

For more information on the programs visit [www.urbangoddess.com.au](http://www.urbangoddess.com.au)

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 established 2004

