



Urban Goddess

Fitness for the Mind & Body

BEACH CAMP FOR GODDESSES

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**OUTDOOR
EXERCISE
FOR
WOMEN**

TERM 2 - 2009 BEGINS 27TH APRIL
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)

APRIL-MAY-JUNE 09 TIMETABLE

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

FIFTY+FIT FOR GODDESSES

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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 will be of low intensity using weights, theta bands and light boxing exercise drills completed a gentle stretch routine.

8-Week Term Starts:

Wednesday 29th April 5.30pm – 6.30pm

Friday 4th May 7.30am – 8.30am

Where:

Oak Park, Cronulla

Cost for 8-Week Term:

1 x Session per week \$120

2 x Sessions per week \$220

(includes free singlet)

Casual \$20

Why Urban Goddess has developed Fifty+FIT session's for women?

- There is a need to promote safe and effective exercise for 50+ Women.
- Its fun exercising outdoors with other likeminded women with focus on health and well-being.

Benefits

- A greater sense of well-being & social networking
- Reduce the risk of developing a life-threatening disease
 - A reduced risk of heart disease, some cancers & diabetes
- A greater likelihood of maintaining or reaching a healthy weight
- Improved sleep and increased day-time vitality
 - Increased joint flexibility and mobility (prevention of osteoporosis)
 - Maintaining independence

Melisa George 0418 865 429
 e: mel@urbangoddess.com.au
www.urbangoddess.com.au
 established 2004

