



Urban Goddess
Fitness for the Mind & Body

BEACH CAMP FOR GODDESSES



TERM 2 - 2010 STARTS 19TH APRIL

8 week term - 7 sessions per week

\$120 x 1 session per week,

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

(TERM BOOKING INCLUDES FREE BEACH CAMP FOR GODDESSES SINGLET)

m		6.30pm BoxFIT oak park
t	6.00am BodyFIT oak park	9.30am BabyFIT oak park
w		7.00pm BeachFIT oak park
t	6.00am BoxFIT oak park	7.00pm BodyFIT oak park
f	6.00am BeachFIT wanda	
s		8.00am BoxFIT oak park



OUTDOOR EXERCISE FOR WOMEN

SESSIONS CAN BE SWAPPED WEEK TO WEEK AS LONG AS THEY ARE COMPLETED WITH IN THE TERM REGISTERED

SESSION DESCRIPTIONS

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

Melisa George 0418 865 429

e: mel@urbangoddess.com.au

www.urbangoddess.com.au

established 2004

