

| <u>TIME</u> | <u>MON</u> | <u>TUES</u> | <u>WED</u> | <u>THUR</u> | <u>FRI</u> | <u>SAT</u> |
|-------------|------------|-------------------|------------|-------------|------------|--|
| 6am | GPT | Interval Training | GPT | Run | | 7.30am City Bay Training Started 8 th May |
| 9.15 am | GPT | Fit Box | GPT | | | |
| 10.30 am | Seniors | | Seniors | | | |
| 4.30 pm | | | | | | |
| 6pm | GPT | GPT | GPT | GPT | | |
| 7.15 pm | | BB 7pm | | Fit Box | | |

GPT (\$12 per session)

Small Group Personal Training (GPT)
 Focus is on Fitness, Fat Burning and Toning
 Indoors and Outdoors (weather dependent)
 Choose just one session a week or as many as 5
 50 mins Duration. Minimum Commitment 10 weeks

City Bay Training (Saturday Morning)

20 Week Training Program. Term 2 + 3.
 Progressive Periodised Run Training Program to help you Run to the Bay in a Great Time and in Great Form. Program Cost includes Team TShirt, City Bay Entry, 17x1.5hr Sat Training sessions + Weekly Homework Sheets. Additional Notes this year for those running for 2nd/ 3rd Time to assist you in building your Speed + Pace. Training Starts May 8th and Continues Weekly until September 11th. CityBay Race Sept 19th 2010. *2 x Training Breaks scheduled for June 12th + Aug 7th.* Package Cost \$395.00.

Fit Boxing (\$12 per session)

Small Group Training Environment
 Ultimate Fat Burning and Toning Workout
 Based on Muay Thai Style of Martial Arts
 50mins Duration. Minimum Commitment 10 weeks

Intervals (FREE)

Outdoor Group Interval Training Session
 Come and get your intervals done properly and with others, it's more fun. Because this is a complimentary session, Conditions Apply. 30mins in Duration. Min Commitment 10 Weeks

Walk Program (FREE)

Community Walking Group
 All levels of Fitness Welcome
 Focus is on Fun, Friendship and Fitness
 60mins in Duration

Run Group (\$10 per session)

Running Program designed to improve both Speed and Endurance. Beginners Welcome
 Focus on LSD Runs, Hillwork and Speedwork
 60mins in Duration. Min Commitment 10 weeks

Mums+Bubs (\$12 per session)

Post Natal Group Program for Mums + Bubs
 Speedier Return to Pre Pregnancy Weight
 Focus is on gentle progressive Light Exercise, Fat Burning and Strengthening Pelvic Floor and Abs.
 50mins Duration Minimum Commitment 10 wks

Seniors (\$8 per session)

Strength Training Program for those 50+
 Program Endorsed by COTA
 Full Pre Program Assessments Conducted
 Individual Training Programs Written. 50mins Duration. Minimum Commitment 10 Weeks

Kids + Teens Programs (\$8 per session)

Small Group Personal Training for Children + Teens.
 Focus is on Health, Fitness, Fun and Performance.
 Indoors and Outdoors (weather dependent).
 Non Competitive Games Approach to Fitness.
 50 mins Duration. Min Commitment 10 weeks

BetterBods * Fitness Weight Loss Journey

BB is a not just another group exercise class. It is a 5 Month Weight Loss and Fitness Journey. Informative, Educational, Inspirational and Fun. Discover the food and exercise secrets Personal Trainers use to get their Clients Results and take the challenge to understand and surpass the mental/emotional obstacles that always sabotage your efforts to be fit and healthy. This five month journey will have you breaking through your weight loss goals and have you getting and staying Fit and Healthy for Life. New Format and Programs launching 2011.

Term 3 Start July 19 - End Sept 24th

Term 3 is a 10 Week Training Block

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