

TIME	MON	TUES	WED	THU	FRI	SAT
6am	GPT	Run	GPT			
7am						½ Marathon Training (Lynda) Bootcamp (Sue)
9.15 am	GPT	Kick Box** <small>Session will run only if 8+ participants</small>	GPT			
10.30 am	Seniors		Seniors			
4.00 pm		Mini Moves (Sue)		Kids+ Grown Ups (Sue)		
6pm	GPT	GPT	GPT	GPT		
7.15 pm		Kick Box		Sues Secret Session		

Term 1 2011 – Why its Special

1. Term 1 is your *last opportunity to Train with Lynda* before she leaves Adelaide to step into her New Life of Book Promotion and the Launch and Training of her New Look National BetterBods Program.

2. It is also your opportunity to get to know Sue without any obligation whatsoever and to get a feel for who she is and how she trains.

3. As a way of saying *THANKYOU* for all your dedication and support over the last 6 years I have decided to limit numbers in all my scheduled sessions to 10 participants only. This will allow me to work with each and every one of you to help you reach those final health + fitness goal you have all been striving for.

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.

Kick Boxing (\$12 per session)

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

Run Group (\$10 per session)

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

Seniors (\$8 per session)

Strength Training Program for those 50+
Full Pre Program Assessments Conducted
Individual Training Programs Written
50mins in Duration
Minimum Commitment 10 Session Pass

½ Marathon Training (Package Price \$226)

Program designed to assist participants to train for and participate in GreenBelt ½ Marathon on 1st May 2011.
Package Includes 6 x Fortnightly Saturday Training Sessions (2 hrs Duration) Feb 5,19 - March 5, 19 - April 2,16.
1 x Group Personal Training Session per week for 11 weeks
In which you will focus on CV Fitness, Core / Leg Strength
6 x Fortnightly Homework Schedules

Sues – Secret Session (\$8 per session)

Step out of that comfort zone and expect the unexpected.
Turn up and see what's in store. Fitballs? Boxing? Fun cardio games? Spice it up with something different every week. Get to know Sue at a great Price. Duration 60mins

Mini Moves (Sue) (\$8 per session)

MiniMoves is a physical activity program for children aged between 5-10 years focusing on fun fitness without the fear of failure. Sessions address all areas of fitness such as; cardiovascular fitness, sport skills, strength activities, fun games, balance + stretching. Duration 60mins

Kids+Grown Ups Combo (Sue) (\$12 / session)

Combination Class in More Ways than One.
GrownUp + Child attend session together.
Involves Joint Exercise Session and Weekly Fun Nutritional Games + Quizzes. 60mins Duration.

Bootcamp (Sue) (Saturday \$15 per session)

Bootcamp those Xmas Kilos. 90min Strength+Cardio Bootcamp style! Venues local but may vary each week. Toughen up, Tone up and Burn those Calories!
For those that have previously trained Sat Outdoor GPT this will be a notch up on the intensity scale.

Term 1 Starts Jan 31 - Finishes Apr 15

Term 1 is an **11 Week Training Block**

Note NO Training Mon March 14 (Adl Cup PH)

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