

Winter Family Fitness Program, 2011

Sunday 31st July

Beginner Bootcamp

Bootcamp is a group fitness class that promotes fat loss, camaraderie and team effort. It is designed to push people a little bit further than they would normally push themselves in the gym alone.

Sunday 07th August

Ye Olde Exercise

Egg and spoon race, sack races, three legged races, duck-duck-goose and hookey. All the awesome games of the past!

Sunday 14th August

Parents and Kids Boxing

Get ready to throw jabs, crosses, hooks and then bob and weave your to fitness success. You will be taught boxing basics in all the basic elements of boxing and learn how to throw them together with pushups, situps and squats etc.

Sunday 21st August

Ball Games and Team Games

Tunnel Ball, Touch Football, Continuous Cricket, Knee Tap Game, Hand and Foot Dribble Games.

Sunday 28th August

Exercises you can do at home

Learn a long list of simple exercises you can do at home covering all muscle groups with a \$10 resistance band.

Sunday 04th September

Lake Fun Run/Walk

Beginner = 10 laps of the lake. Advanced = 20 laps of the lake.

Sunday 11th September

Kickboxing

Learn the elements of boxing with the benefit of a number of different kicking techniques thrown in.

Sunday 18th September

Agility For Fun

Bound and hop your way through agility ladders, over hurdles and around markers & cones to fitness success.

