

life

mind+body



positiveimpact
personal training



PROUDLY PRESENTS

Smarter Health

Smarter Health is a hands on learning environment. For 6 weeks our instructors will teach you how to get into shape for Spring and how to speed up your results. Each week will focus on a different area of fitness and health. Our trainers will teach you the secrets to training smarter so you can achieve those fitness and health goals!!

- Fully trained, qualified male and female fitness instructors
- Specialised coaches and leading industry professionals at every session including Olympic coach, running coach, yoga instructor and a sports massage therapist

\$10 per session

or

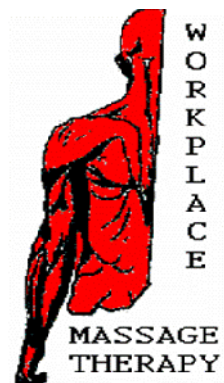
**\$50 for all SIX and
receive a FREE 30min
Personal Training
Session**

Valued at \$65

Supported by



Tuggeranong Hyperdome



Smarter Health

Wk 1: Essential Toning Exercises
for weight loss

Day: Tuesday 9th Sept

Why? This session shows you toning
exercise that can be done anywhere
to assist with weight loss

Wk 2: Yoga with Lou Nulley

Day: Tuesday 16th Sept

Why? From the beginner to advanced.
Through controlled movements Yoga
improves core strength, posture and
flexibility

Wk 3: Walking and Running Technique
for beginners to intermediate

Day: Tuesday 23rd Sept

Why? Make your exercise more effective or
improve your current times by applying
correct running and walking techniques

Session Times:

Session 1: 12.00pm - 12.45pm

Session 2: 1.00pm - 1.45pm

Wk 4: Stretching Techniques

Day: Tuesday 30th Sept

Why? Know you need to stretch but not
sure where to start! Let us show
you a quick stretching program to
help improve flexibility and
overall wellbeing

Wk 5: Exercises for Better Posture

Day: Tuesday 7th Oct

Why? Reverse the effects of bad
posture from things like sitting at
a desk all day by learning specific
exercises and reap the benefits
of how good you will feel

Wk 6: Injury Prevention and Self
Massage

Day: Tuesday 14th Oct

Why? Learn techniques that will assist
in injury prevention and keep you
training. Also learn self Massage
to assist you in maintaining a
healthy body

Location:

Tuggeranong Community Centre

245 Cowlshaw St, Greenway

For more information and to reserve your place contact:

ph: 0421 999 006 or 0416 291 085

email: enquiries@lifemindandbody.com.au

Note: Classes are limited and Bookings are essential

