

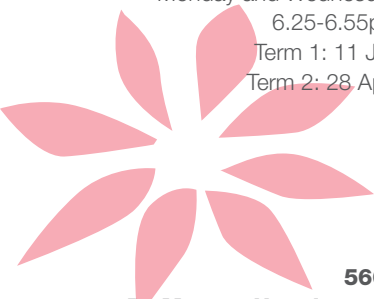


# healthymind&body

**Abdul Lateef** BSc Hons tutor  
Monday  
5.55-6.55pm  
Term 1: 11 Jan  
Term 2: 31 May

**Abdul Lateef** BSc Hons tutor  
Wednesday  
5.55-6.55pm  
Term 1: 13 Jan  
Term 2: 28 April

**Abdul Lateef** BSc Hons tutor  
Monday and Wednesday  
6.25-6.55pm  
Term 1: 11 Jan  
Term 2: 28 April



**5661**  
**Dr Marcus Henning** tutor  
Saturday 8.30-9.30am  
Term 1: 13 Feb  
Term 2: 24 April

## **BOXINGMASTER – FAT BURN [level 1]**

15 Weeks/\$299\*  
includes FREE kalosthenos™ and abdulminal™  
FAT BURN awesome non-contact BOXING technique unleashed in a single workout with Personal Trainer Abdul. Trim and shape your butt, legs, arms, back and boost your energy level. Women only.

## **BOXINGMASTER – FAT MELT [level 2]**

15 Weeks/\$299\*  
includes FREE kalosthenos™ and abdulminal™  
FAT MELT explosive non-contact MUAY THAI technique utilises boxing, kicks, knees and elbows for intensive cardio fat trimming with Personal Trainer Abdul. Men/Women welcome.

## **WALKACISE™ KALOSTHENOS™ and ABDULMINAL™**

15 weeks/\$149 or  
FREE with BOXINGMASTER™  
Lose weight with WALKACISE™. Indulge in muscle sculpting KALOSTHENOS™ to reduce cellulite. Feel stomach muscles burn, shape and move for the first time in ABDULMINAL™ session with Personal Trainer Abdul. Beginners welcome.

\*Pay \$299 for 15 weeks and get three additional classes free. First time clients purchase training kit \$199 includes boxing gloves, hand wraps, T-Shirt, weights. Training diary extra \$29. Shin pads \$40. Trial session \$50 + Free T-Shirt. Discount available when pre paying for one year.

## **Introduction to Tai Chi**

8 weeks/\$40  
Tai Chi is an excellent method of reducing stress, cultivating relaxation and mind-body synchronisation. The class is meant as an introduction to some of the principles and applications of the Chen Man-Ching system. The tutor has been teaching Tai Chi for 15 years. Designed to educate in this discipline. Participants welcome at any stage of the term.

**Lynn Oram** tutor

Wed 10.30am-12pm **7381A** Beginners

Term 1: 3 Feb

Term 2: 21 April

Fri 9.30-11am **7381B** Continuing

Term 1: 5 Feb

Term 2: 23 April

**Rosemary Woodman** tutor

Mon 9am **4651A** Beginners

Mon 10am **4651F** Continuing

Thurs 9am **4651G** Beginners

Thurs 10am **4651D** Continuing

Term 1: Week of 8 Feb

Term 2: Week of 19 April

**Rosie Wall** tutor

Tues 5.45pm **4651E** Continuing

Thurs 8am **4651I** Beginners

Term 1: Week of 8 Feb

Term 2: Week of 19 April

**Paul Smith** tutor

Fifth Grade Instructor

Monday 6.30-8pm

Saturday 8-10am

Term 1: 18 Jan

Term 2: 19 April

Classes all year

## **Hatha Yoga**

8 weeks \$120 / 10 weeks \$150

Yoga harmonises the physical, mental and spiritual aspects of life. Learn techniques for relaxing and de-stressing through simple breathing exercises and physical postures which increase muscle tone and flexibility. **Own mat required.**

## **Pilates**

8 weeks \$120 / 10 weeks \$150

**10% discount if enrolled in more than one class per week.**

**Classes sold in 10 week blocks. Ask about the casual rate.**

Rose offers Pilates classes for the healthy person who wishes to experience a positive, exercise-based way to balance mind and body. You will improve your flexibility, posture, muscle strength and balance. **Own mat required.**

8 weeks \$120 / 10 weeks/\$150

Rosie's physiotherapy background and experience in treating spinal and sports conditions enables her to focus on your personal goals to get results. These are the classes to attend if you have back and body issues. **Own mat required.**

## **Yang Tsin Su**

### **Fitness – Energy – Martial Arts – Meditation**

11 sessions by term \$110 (\$10 per session)

10 session casual card \$150 (\$15 per session)

Improve energy, body shape, fitness, flexibility, balance, strength, inner peace, clarity (meditation). Maintain or restore health and learn how to de-stress with time efficient martial art exercises that are in part similar to a mix of Kung Fu and Tai Chi. All ages and levels of fitness. Beginners welcome at any stage of the term. **Booking details in advertisement below.**