

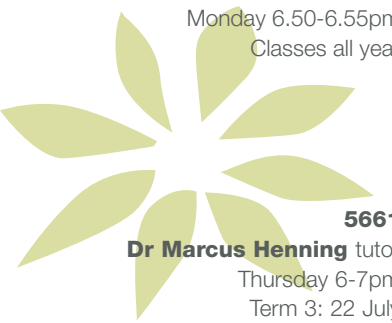


# healthymind&body

**Abdul Lateef** BSc Hons tutor  
Monday 5.55-6.40pm  
Classes all year

**Abdul Lateef** BSc Hons tutor  
Monday 6.40-6.50pm  
Classes all year

**Abdul Lateef** BSc Hons tutor  
Monday 6.50-6.55pm  
Classes all year



**5661**  
**Dr Marcus Henning** tutor  
Thursday 6-7pm  
Term 3: 22 July  
Term 4: 14 Oct

**Lynn Oram** tutor  
Wed 10.30am-12pm **7381A** Beginners  
Term 3: 21 July  
Term 4: 13 Oct  
Fri 9.30-11am **7381B** Continuing  
Term 3: 23 July  
Term 4: 15 Oct

## **BOXINGMASTER™ – KICK BOXING**

10 sessions/\$199\*  
Explosive non-contact Aerobic Kick Boxing. Lose weight, trim and shape your body.

## **KALOSTHENOS™ – Cellulite Reduction**

10 sessions/free with Kick Boxing  
Greek muscle sculpting with light dumbbells targeting every muscle group.

## **ABDULMINAL™**

10 sessions/free with Kick Boxing  
Develop a 6 pack wash board flat stomach and eliminate stomach bulge and back ache. Includes lower back exercises.

\*First time clients purchase training kit incl. boxing gloves, hand wraps, T-Shirt, weights. Trial session available + free T-Shirt. Discount available when pre paying for one year.

**Booking details in advertisement below.**

## **Introduction to Tai Chi**

8 weeks/\$40  
An excellent method of reducing stress, cultivating relaxation and mind-body synchronisation. Meant as an introduction to some of the principles and applications of the Chen Man-Ching system. Tutor has been teaching for 15 years. Participants welcome at any stage of the term.

## **Hatha Yoga**

10 weeks \$150 / 9 weeks \$135  
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.**

**Rosemary Woodman** tutor

Mon 9-10am **4651A** Beginners

Mon 10-11am **4651F** Continuing

Thurs 9-10am **4651G** Beginners

Thurs 10-11am **4651D** Continuing

Term 3: Week of 19 July

Term 4: Week of 11 Oct

**Rosie Wall** tutor

Tues 5.45-6.45pm **4651E** Continuing

Thurs 8-9am **4651I** Beginners

Term 3: Week of 19 July

Term 4: Week of 11 Oct

**Paul Smith** tutor

Fifth Grade Instructor

Monday 6.30-8pm

Saturday 8-10am

Classes all year

**Pilates**

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.**

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 terms \$110 (\$10 per session)

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

Improve energy, body shape, fitness, flexibility, balance, strength, inner peace and 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.**

