

# Women's Cardio in the Park



- ✓ New Mums with bubs
- ✓ Women keen to get fit
- ✓ Women interested in a well supervised program to get fitter and stronger

**Term 3 – 9 weeks (commencing Tues 27<sup>th</sup> and Friday 30<sup>rd</sup> July) \$172**

**Term 4 – 10 weeks (commencing Tues 12<sup>th</sup> Oct and Friday 15<sup>th</sup> Oct) \$180**

The program will be run by Miriam Hoadley – physiotherapist with a special interest in women's health and fitness. This group physio class will involve boxing, light weights, walking, pelvic floor and abdominal core strengthening work. The class is low impact, so friendly to women's bodies post birth or returning to sport. This program includes weekly education to strengthen pelvic floors and improve your core. A great workout for women designed to educate and strengthen all the important bits!

## Details;

- **Tuesdays 9.30am and / or Fridays 9.30am or 10.30am**
- Menai Park (opp Menai Marketplace)
- Bubs welcome (Mums are responsible for their little ones, but we do provide assistance if you need help during class.)
- Rebates available from most private health funds for 'group physiotherapy' classes

## What to bring;

- Waterbottle
- Hat and sunscreen
- If you have a bub, bring your stroller and a few toys
- Beach towel to lay on for tummy work
- If it's your second program – don't forget your cotton boxing glove liners.

**Wet Weather Plan** - If there is light rain we will run the class under the pergola in the park. If rain is heavy we will text to move the class around 9am - please check we have your correct mobile number. Classes will move to the CORE studio (Unit 18, 800-812 Old Illawarra Rd, Menai)

**Missed Classes** - You will be welcome to do make up classes at the other womens cardio class if you can't make your normal class (we appreciate 24hrs notice of you missing the class). **These must be completed with-in the term.**

## Payments

Payments can be made either via

- Miriam before the end of the previous term
- Internet transfer (Core Gymball, BSB 062 333 Account number 10156825 - please put your name in the "to account" section or drop us an email – [Natasha@coregymball.com](mailto:Natasha@coregymball.com))
- Cheque (addressed to Core Gymball)
- Eftpos at the studio (Give us a call to sort out a suitable time)
- **Discount of \$5 per term if payments are finalised 2 weeks before program starts**

Receipts for group physio will be issued at the program.

Any questions please just call **Natasha 9545 0134 or 0438 448 738** or **Miriam 0411 323 997** or email [Natasha@coregymball.com](mailto:Natasha@coregymball.com).

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