



HEALTH & FITNESS  
STRIVING FOR HOLISTIC HEALTH

# SENIOR HOLIDAY PROGRAM

**STARTING TUESDAY 20<sup>th</sup> December 2016**

**Length: 6 Week Fitness & Boxing Program**

**When: Every Tuesday & Thursday 3pm – 4pm**

**What: Learning the sport of Boxing and BASIC Boxing skills**

**Other: Having an understanding of Respect, Discipline, Social skills, Team work, Self Esteem, Positive Relationships and more**

**Who: 13 – 17 year old's**

**ONLY 10 spots available**

**Cost: \$120**



**Head coach/trainer**

**ASCA Strength & Conditioning  
coach/ Boxing coach/ Bachelor  
in Management**



**Boxing coach**

Register:

Contact: Steve G

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Phone: 0428 286 737