

## June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b>	<b>2</b> 9.00 – 9.45am Kambah Woolshed - MamaMoves (Prue)
<b>3</b> <b>Special event: Women &amp; Girls' Jogalong</b> 8.30am for 8.45am warmup & 9.00am start, Weston Park 3km/6km walk or jog <b>FREE CHILDCARE</b>	<b>4</b> 11.00 – 11.45am Pram Camp (PC) Kambah (Prue)	<b>5</b> 9.30 - 10.15am (PC) – Hackett (Michelle) 11.00 – 11.45am (PC) Lake Ginninderra (LG) (Michelle) 12.30 – 1.15pm City Circuit (CC) (Michelle)	<b>6</b>	<b>7</b> 9.30-10.15am – PC Kambah (Michelle) 9.30 – 10.15am PC Hackett (Prue) 11.00 - 11.45am PC – LG Sea Scout Hall (Prue) 12.30 – 1.15pm City Circuit (CC) (Prue)	<b>8</b>	<b>9</b> <b>Queen's Birthday long weekend</b>  <b>NO TRAINING TODAY</b>
<b>10</b>	<b>11</b> <b>Queen's Birthday public holiday – no training today</b>	<b>12</b> 9.30 - 10.15am (PC) – Hackett (Michelle) 11.00 – 11.45am (PC) Lake Ginninderra (LG) (Michelle) 12.30 – 1.15pm City Circuit (CC)(Michelle)	<b>13</b>	<b>14</b> 9.30-10.15am – PC Kambah (Michelle) 9.30 – 10.15am PC Hackett (Prue) 11.00 - 11.45am PC – LG Sea Scout Hall (Prue) 12.30 – 1.15pm City Circuit (CC) (Prue)	<b>15</b>	<b>16</b> 9.00 – 9.45am Kambah Woolshed - MamaMoves (Prue)
<b>17</b>	<b>18</b> 11.00 – 11.45am (PC) Kambah (Prue)	<b>19</b> 9.30 - 10.15am (PC) – Hackett (Michelle) 11.00 – 11.45am (PC) Lake Ginninderra (LG) (Michelle) 12.30 – 1.15pm City Circuit (CC) (Michelle)	<b>20</b>	<b>21</b> 9.30-10.15am – PC Kambah (Michelle) 9.30 – 10.15am PC Hackett (Prue) 11.00 - 11.45am PC – LG Sea Scout Hall (Prue) 12.30 – 1.15pm City Circuit (CC) (Prue)	<b>22</b>	<b>23</b> 9.00 - 9.45am Kambah Woolshed - MamaMoves (Prue)
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**Pram camp (45 mins):** Get fit, gain strength and feel great after pregnancy. These workouts focus on increasing your fitness and are designed to tone and shape your tummy, thighs, lower back, and tuckshop lady arms.

Pram camps operate outdoors in small groups (up to 10 women) to provide a better, and more personalised service. And Mums can bring their babies and toddlers (they are often incorporated in our exercise routine) - so there's no need for childcare.

**MamaMoves (45 mins):** If you want to experience a more high intensity, fat-burning workout and throw some punches to vent frustrations - there's *MamaMoves* on the weekend. *MamaMoves* combines boxing with other core strength exercises all designed to help burn body fat. *MamaMoves* is all about working hard and having fun outdoors.

**City Circuit (45 mins):** is an outdoors group circuit lunchtime class especially for Mums who need to break away from the office for some "ME TIME" . These innovative and fun circuits work on improving your fitness, and shaping your body.

**Special event: Women and Girls' Jogalong:** come out to Weston Park on the first Sunday of the month - at 8.30am for a 9am start and walk, jog or run a women's only 6km or mixed 3km event. And there's organised FREE childcare available through the YMCA. a'bloom personal training are one of the sponsors of this event and we host a group aerobic warm up at 8.45am. If you wish to try this event, let us know because the cost *is* included in your group sessions!

## Group fitness Q&A:

### **Where are the classes held?**

Outdoor group fitness classes are held in three locations in Canberra's parks – look out for the a'bloom personal training banner. Pram camp are held at both Lake Ginninderra and Hackett Neighbourhood Oval (*see below*).

**City Circuits:** classes start behind the BBQ area directly across from Acton Ferry Terminal and Lake Burley Griffin (next to footbridge that goes to the back of the Lakeside Hotel). Yellow Pages 2011-12 reference: Map 19, E5.

**Lake Ginninderra:** classes start from the basketball courts behind Lake Ginninderra College (just next to John Knight Memorial Park) Yellow Pages map reference: Map 11, B15.

**Hackett Neighbourhood Oval:** classes start at the Oval or tree-lined area behind the toilet block. Entry to car park is off Madigan Street, Hackett. Yellow Pages map reference is: Map 17, C6.

**Kambah Woolshed:** carpark access is off Springbett Street right next to the Woolshed. Yellow Pages map reference is Map 31, L3.

**What is the Women and Girl's Jogalong?** The Jogalong is a 6km walk jog or run on the bike path from Weston Park to, and along part of Dunrossil Drive and return (start is near the toilet block just behind the kids mini train at Yellow Pages reference Map 18, H8). Held on the first Sunday of every month (except April) starting from 9am. It is a handicapped event, with walkers starting off first and faster runners leaving progressively from higher groups. There's also a mixed 3km event. The course is marked by witches hats. So, look out for the witches hats along the way. It is a challenging course so when you finally reach that last run along the track near the Nursery, you should feel a sense of achievement. Jogalong is all about getting active – you'll find women and girls of all ages, shapes and sizes participating. And there's a cup of tea and some fruit and water available afterwards.

### ***What do I need to bring?***

Dress in loose, comfortable exercise clothes and sneakers. Bring layers of clothing if weather is colder or changeable. Bring a hat, water bottle, a towel and your enthusiasm! For Pram Campers, bring your baby and a pram. Babies need sunscreen and a hat and adequate clothing depending on the conditions. Sometimes the older babies are on a picnic rug – so feel free to bring along snacks, water and small toys.

### ***What if I can't make a class (for example, if the baby is sick, or I'm sick - or away)***

You forfeit that session. But remember that your group fitness fee entitles you to come along at any of the other sessions held throughout the month every Tuesday, Thursday, Saturday, (or on the Sunday Jogalong held once a month, except in April) – so come along to a different class instead: there are about 30 classes, including special events, held each month.

### ***What if I'm not 'fit enough' to keep up?***

Our classes are designed to help women of all shapes and sizes and fitness levels. Not joining in an exercise class because you don't believe you're not fit enough to join in is like avoiding a hairdresser because your hair is a mess! Give it a go, you'll meet other Mums just like you, and you'll be surprised at how much fun exercising can be.

### ***What if I just want to try a session?***

Come along and try your first session for free (you can bring a friend too). Just contact us first so we will know to expect you and we'll also get you to fill out our pre-exercise questionnaire so that we know what your current level of fitness is.

### ***Does the class still run if the weather is raining, too cold or too hot?***

Unless it's pouring rain or snowing we run the class. If there's any doubt about the weather, your instructor will SMS you on the morning of your class to let you know. If we have to cancel, you can attend your first session of the next month for free (as a catch up class).

### ***Any other terms and conditions?***

**You must organise payment prior to starting the classes (unless you have already organised a complimentary trial session with us). There are three payment options, and a receipt will be issued once payment is received.**

1. ***Full payment upfront on 1<sup>st</sup> of the month via electronic transfer*** – bank details are:  
BSB: 122-801 (Bank of Queensland)  
Account No: 20386647  
Account Name: a'bloom personal training
2. ***Direct debit payment organised by 1<sup>st</sup> of the month*** – payments can be made by credit card or eftpos and can be either fortnightly or monthly.  
*Note: A bank processing charge of \$1.95 per transaction also applies if you take this option.*
3. ***Cash payment upfront, in full, by 1<sup>st</sup> of the month.***