

# Melbourne Timetable

fitnessworx makes being active fun

The following Fitnessworx programs will commence at the start of the 2010 school year and will be aligned with the four school terms.

**Term 1** 1 February to 26 March  
**Term 3** 12 July to 17 September

**Term 2** 12 April to 25 June  
**Term 4** 4 October to 17 December

Cost: \$150 per term

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning		Fitnessworx NEW Funky Fun 10am 3-5 yrs North Balwyn				Fitnessworx Cheerleading 10am 6-9yrs 11am 10-12yrs Doncaster East
Arvo	Fitnessworx Circus Skills 4pm 6-9 yrs 5pm 10-12yrs North Balwyn				Fitnessworx Funk'n'Groovy 4pm 6-9 yrs 5pm 10-12yrs North Balwyn	

## **FITNESSWORX FUNK & GROOVY**

Fitnessworx Funk & Groovy lets you have FUN with movement to music! The focus is on having a great time with dance, not about technique. Play dance based games, learn and create routines, challenge your bodies and part take in some real "dance-off!"

## **FITNESSWORX (JUNIOR) FUNKY FUN**

Stemming from our very popular Funk'n'Groovy program comes Funky Fun, specifically for pre-schoolers aged 3-5 years. An introduction to dance, focused on FUN! The focus is not on technique, instead the kids will play some dance based games, explore movement to music and have fun with dance, bopping away to some modern tunes. Parents required to stay for the duration of the class (45mins)

## **FITNESSWORX CIRCUS**

Step right up ladies & gentlemen for one of the most popular Fitnessworx programs. See the kids try their hand at juggling, balancing, acrobatics, clowning, trampoline & performance! Hear the applause when the kids show off their new found Circus talents!

## **FITNESSWORX CHEERLEADING!**

Cheerleading is just for girls? I don't think so! Fitnessworx Cheerleading was developed by a REAL American Cheerleader & is so much more than just shaking our pom poms! Learn "proper" Cheerleading moves, try difficult stunts, tricky group balances, form human pyramids, practice and perform fantastic routines and Cheerleading Battles!



# BOOK NOW!

For all bookings and general enquiries:  
 ph: 1300 668 338  
 email: [info@fitnessworx.com.au](mailto:info@fitnessworx.com.au)



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[www.fitnessworx.com.au](http://www.fitnessworx.com.au)

