

# 2009 ACTIVE ON CAMPUS - FREE COME & TRY

ACTIVITY	INSTRUCTOR	DAY	DATE	START TIME	START TIME	FACILITY
<b>SPORTS</b>				<b>GROUP 1</b>	<b>GROUP 2</b>	
Tennis Coaching - Beginners	Andrew Allen (GP)	Wednesday	5-Aug	6.30PM	7.00PM	Syn Tennis Courts
Tennis Coaching - Inter / Advan	Andrew Allen (GP)	Wednesday	5-Aug	7:30PM	8:00PM	Syn Tennis Courts
Women's Squash Coaching (1hr)	Kath Ryan	Tuesday	4-Aug	1.00PM	n/a	Squash Courts
Golf Coaching	Kevin Quigley	Monday	3-Aug	6:00PM	6:30PM	La Trobe Golf Range
<b>HEALTH &amp; WELLBEING</b>						
Pilates - Floor Beginner	Belinda Ash	Monday	3-Aug	5.00PM	5.30PM	Pool Lounge
Pilates - Floor Intermediate	Belinda Ash	Monday	3-Aug	6.00PM	6.30PM	Pool Lounge
Pilates - Combo Intermediate	Rebecca Ogilvie	Wednesday	5-Aug	5.00PM	5.30PM	Pool Lounge
Pilates - Combo Beginner	Belinda Ash	Wednesday	5-Aug	6.00PM	6.30PM	Pool Lounge
Yoga - Ashtanga	Adrian Woodhouse	Monday	3-Aug	5.00PM	5.30PM	Reception Studio
Yoga - Ashtanga	Adrian Woodhouse	Thursday	6-Aug	6.00PM	6.30PM	Reception Studio
Yoga - Hatha Intermediate	Lana Krasovski	Tuesday	4-Aug	5.00PM	5:30PM	Pool Lounge
Yoga - Hatha Beginner	Lana Krasovski	Tuesday	4-Aug	6.00PM	6.30PM	Pool Lounge
<b>DANCE</b>						
Dance - New Jazz	Jessica Pan	Monday	3-Aug	4.00PM	4.30PM	Studio
Dance - Mixed up Modern	Sophie Lyon	Monday	3-Aug	6.00PM	6.30PM	Studio
Dance - Belly - Beg / Inter	Zabelle	Tuesday	4-Aug	12.00PM	12.30PM	Studio
Dance - Belly - Beg / Inter	Zabelle	Wednesday	5-Aug	6.00PM	6.30PM	Studio
Dance- Funk & Hip Hop	Jessica Pan	Wednesday	5-Aug	4.00PM	4.30PM	Studio
Dance - Reggae	Jessica Pan	Wednesday	5-Aug	7.00PM	7.30PM	Studio
Dance - Street Latin	Alan Gomez	Thursday	6-Aug	12.00PM	12.30PM	Studio
Dance - Modern Ballroom	Julian Tsotsos	Thursday	6-Aug	4.00PM	4.30PM	Studio
Dance - Latin American	Julian Tsotsos	Thursday	6-Aug	6.00PM	6.30PM	Studio
Dance - Street Latin	Julian Tsotsos	Thursday	6-Aug	7.00PM	7.30PM	Studio
<b>GROUP FITNESS</b>						
Boxing Fitness	TBC	Monday	3-Aug	12.00PM	12.30PM	Studio
Boxing Fitness	Grace Chiodo	Tuesday	4-Aug	6.00PM	6.30PM	Studio
Dynamic Martial Arts for Fitness	Eshan Arya	Tuesday	4-Aug	6.00PM	n/a	Studio

Registration forms must be completed and submitted to reception at least 24 hours prior to the class. Contact details are needed in case of changes to your class time or course cancellations. NO REGISTRATION FORM, NO PARTICIPATION.

All classes will start promptly to avoid delays and any students arriving late will not be permitted into the class until the next session. Come & Try class sizes will be kept to a maximum of 30 participants. Please note: you will be notified by email as to which class you have been allocated, so it is important to check your email.