



GO HEALTH CLUBS

fitness for everyone



Presents



FITNESS HERO PROGRAM

“Training the children of today to be the fitness heroes of tomorrow”



FITNESS HERO PROGRAM

Go Kids Fitness Classes Revolutionizing Children

“It takes a lot less effort to begin exercising when your 3 or 13 than when you’re 30 with a lifetime of inactivity”

- Childhood obesity is increasing at an alarming rate. It is estimated that 1 in 5 children in Australia are either overweight or obese. Go Kids aim is to try and change these statistics - beginning here in School with our innovative Go School Program.
- To combat this the QLD Government has made it compulsory for all primary school children to participate in at least 30 minutes of moderately intense exercise five (5) days a week.*
- With this in mind Go Health Clubs is proud to introduce our exclusive Go Fitness Hero program, designed to turn our children of today into the fitness heroes of tomorrow!
- This program is aiming to bring dynamic exercise and fitness training into school - providing a unique service or training and achievement to your students.



FITNESS HERO PROGRAM

WHAT IS GO FITNESS HERO?

- A fitness initiative to help combat obesity and make exercising fun, challenging and varied for the younger generation.
- The program is designed to be to cater for both in school programs and for travel to our facilities in Virginia.
- Aimed at encouraging students to participate in varied and different interactive exercise programs based on Boxercise, Martial Arts, Strength Training, Aerobic/Dance routines and challenging, varied circuits with a rewards system.
- Increase their awareness of the benefits of exercise as well as correct nutrition
- All of this provided in a safe, fun and educational environment.



FITNESS HERO PROGRAM

HOW IT WORKS...

1. We can **host a class at the gym** during school hours and offer them a wider variety of classes and experience the great atmosphere here at Go Health Clubs.
2. We are a **mobile service**, we can come to your school and organise a unique fitness class tailored to your needs.
3. Encourage the students to join the **Go Kids HERO CLUB** at Go Health Clubs and participate in our After School Hours sessions on a Monday, Tuesday and Wednesday Afternoon.



FITNESS HERO PROGRAM

FITNESS HERO CLASSES

MOBILE FITNESS

- **DANCE HERO** – A dance class for all ages that will work on a variety of jazz, hip-hop, modern and contemporary dance moves. Look out for the next Australian Star! **All grades**
- **VILLAIN ATTACK** - A boxing based speed and agility class, great to build co-ordination, fitness levels and develop some confidence. **All Grades**
- **MORTAL KOMBAT COURSE** – outdoor and indoor program based on boxercise, martial Arts, Combat Training, running and resistance exercises designed to be challenging, varied and improve fitness. Lookout for the **COMMANDO Grade 5+**
- **JUNIOR KOMBAT** – as above but tailored for **Grade 1 - 5**.

CLUB CLASSES

The following classes are run at GO HEALTH CLUBS state of the art facility:

- **COSMIC TREADMILL:** 30 minute treadmill designed to get the blood pumping as we chase villains back through time...Great Soundtrack and use some new equipment! **Grade 5-7 only.**
- **GALAXY SPIN:** a 30 minute spin class designed to improve fitness and increase mental toughness as we cycle fast to save the world from destruction! **Grade 3-7 only.**
- **COSMIC CARDIO:** An AWESOME cardio circuit using rowing machines, boxing bags, spin bikes, steps, skipping ropes and much more! Great for all year levels, working on aerobic fitness levels, trying some new machinery, demonstrating good technique and providing a safe, fun and challenging environment to exercise in. **All Grades!**



FITNESS HERO PROGRAM

PROGRAM OPTION.1

IN CLUB CLASSES

- Book us for a 10 week block
- Focus on different year levels each term
- Students come to us during school hours – 10am-2pm
- Ability to choose from a wide range of classes - we suggest choosing 3 for each term. Each class will be taught for 3 week blocks.
- Charge on a per student basis - this fee includes bus transfer to club, t-shirt and certificate.



FITNESS HERO PROGRAM

PROGRAM OPTION.2

IN SCHOOL CLASSES

- Book us for 10 week term blocks
- Focus on different Year Levels each term.
- Split term into two stages - different program run in each stage. Therefore children have access to not one, but two great programs.
- Charge on a per student basis - invoice school directly
- Classes are 30-40 minutes duration and run on school grounds in school time.
- Student fee includes free t-shirt and certificate of completion at end of program.



FITNESS HERO PROGRAM

PROGRAM OPTION.3

FULL DAY HEALTH & FITNESS VISIT

- Full day incorporates 5 different classes
- A break for lunch and a small talk/activities on nutrition/healthy eating
- Students placed into teams and then assigned their first class
- Classes will involve team building games
- Each student will receive a shirt and certificate acknowledging their achievement in fitness goals.
- Students arrive at 10am (either walking from school or collected by bus)
- The day will finish at approximately 2:15pm
- We suggest that you book by year level so we can plan activities accordingly.
- Cost per student will be \$40.00 (*this includes shirt and certificate*)



FITNESS HERO PROGRAM

PROGRAM PRICING

1. IN CLUB

- Students are charged per head per term
- \$60.00 per student for 10 weeks (Incl GST)
- Includes bus fare* to and from school, class fee and free t-shirt and certificate

2. IN SCHOOL

- Students are charged per head per term
- \$55.00 per student for 10 weeks (Incl GST)
- Includes class fees, free t-shirt and certificate
- * *If school has its own bus then fee is reduced to \$55.00 per student.*

3. FULL DAY

- Students charged per head
- \$40.00 (Incl GST) for the day
- Includes class fees, t-shirt and certificate
- Min booking of 20 students.



FITNESS HERO PROGRAM

AVAILABILITY

- Programs are available during TERM TIME only.
- Whether you choose IN SCHOOL or IN CLUB or FULL DAY option, the times for classes are as follows:
 - MON – 10:00am-2:30pm
 - TUES – 10:00am-2:30pm
 - WED – 10:00am - 2:30pmOther times may be available on request.

BOOKING US

It's easy to book Go Health Clubs simply use one of the methods below:

1. CALL 07 3865 1333 and book over the phone
2. EMAIL sonjask@gohealthclubs.com.au and complete the booking form via email.
3. VISIT US at 1814 Sandgate Rd Virginia - tour our facilities and perhaps combine some internal and external classes in your program!

We look forward to joining forces with you to help shape our fitness heroes of tomorrow!