

UON staff active training



NUsport provides Small Group Active Training for UON staff and Larapinta Trail Challenge Champions

- Fun, friendly private studio at the Squash Pavilion, Callaghan campus
- Team environment for everyone
- Motivating and experienced trainers
- Regular educational workshops and fitness testing
- **FREE for Larapinta Trail Challenge Champions (April to August)**

Flexible and convenient times

Sessions available morning, lunch and afternoon

Monday	Tuesday	Wednesday	Thursday	Friday
6.30am		6.30am		6.30am
12.00pm	12.00pm	12.00pm	1.00pm *	12.00pm
5.00pm		5.00pm	4.30pm	

*The Forum University gym

Choose up to 3 sessions per week

For more information or to register please contact Mel.Poulton@theforum.org.au

“Get healthy today with Active Training”