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your home
deserves.

Start with Excellence.



**A house is more than just wood, bricks, stone,
metal and glass. It's home. Your home.**

When the time comes to sell your property, get
the agent and the price your home deserves.

Because at Barry Plant our team of experts
understand how valuable the family home is.

Barry Plant Bayside

9586 0500

mordialloc@barryplant.com.au

barryplant.com.au/mordialloc

TERM 1 GROUP FITNESS TIMETABLE

effective Tuesday 29th January to Saturday 6th April 2019

10 week term – \$158.00 or two instalment payments of \$79.00

	6:00am	7.15am	9.20am	2.30pm	7.15pm
MON	METAFIT (*CCH) 30 mins				
TUES	BOOTY BLAST (*MPH) 45 mins		CIRCUIT (*CCH) 45 mins	BACK TO FITNESS (*MPH) 30 mins	
WED	BOXING (*MPH) 45 mins		PARKFIT TRAINING (meet at CCH) 45 mins		METAFIT (*MPH) 30 mins
THURS				METAFIT (*MPH) 30 mins	ZUMBA (*CCH) 45 mins
FRI	STRENGTH (*MPH) 45 mins		STRENGTH (*CCH) 45 mins		
SAT		TABATA (*MPH) 45 mins			

*MPH - Multipurpose Hall *CCH - Community Centre Hall

BOXING: A workout that's a lot of fun regardless of your ability AND a great stress relief!!!

BACK TO FITNESS: For those new to exercise or already working out! (30 min class).

BOOTY BLAST: A lower body workout.

METAFIT: High intensity workout including a series of body weight exercises with interval style training, designed to keep your body burning calories long after your training session is complete.

NEW!!

PARKFIT TRAINING: Exercise in the great outdoors. Meet and sign in at the Community Centre.

STRENGTH: A weight training program for able bodied people of all ages and fitness levels with traditional exercises using Barbells, Dumbbells and your own body weight.

TABATA: One of the most popular forms of high intensity interval training (HIIT). Consisting of eight rounds of ultra-high-intensity exercises in a specific 20-seconds-on, 10-seconds-off intervals, your workout will be guided by an energetic sound track. Can be modified to suit individual fitness levels.

ZUMBA: Come and shake your groove thing with this fun music/dance workout, based on the principle that exercise should be FUN! No dance experience necessary - just come and have a great time while getting fit!!!

For more information, contact Tracy on 0422 002 500 or ktnaismith@iinet.net.au

OPEN DAY

GOJU KAI KARATE

BAYSIDE

Sat 10am-3pm
February 9

17/200 Boundary Road Braeside
(Opposite Skateworld)

Come join us for a fun day of activity. Bring a friend, join in—get involved! Morning & afternoon sessions. Experience traditional GoJu Kai Karate training. All adults & kids welcome. Free snack & refreshment provided.

To book contact

0411 750 863 (Steve)

0447 321 737 (Dave)

GOJUKAIBAYSIDE.COM

Get involved • Confidence • Discipline • Fitness



ASPENDALE GARDENS JUNIOR GIANTS



NEW

for kids aged
6 to 8 years

Professional Basketball
Skills Development by
MVP Basketball Coaching

**FREE
T-SHIRT**



8 week program
Each Wednesday
from 13th February to 3rd April
Time: 4.00pm to 4.45pm
Cost: \$115.00

Bookings now open:

<https://www.trybooking.com/BAKOU>



Kilbreda College

A Kilbare Education Ministries School in the Brightline Tradition



An important aspect of considering a quality education for your daughter is seeing the prospective school in action, getting a feel for the community and being able to witness first hand some of the facilities and programs on offer.

We invite you to attend our Open College events to meet the Principal and tour the College to discover all that Kilbreda offers.



**Year 7 2021
applications close
23 August 2019**

Term 1

Open Mornings

Thursday 14 February

Monday 25 March

Commencing 9:00am

Open Evening

Thursday 14 March

From 4:00pm - 8:00pm

Register your attendance online
or phone 9581 7766

www.kilbreda.vic.edu.au

118 Mentone Parade Mentone 3194

MORDI BRAE SEASON 2019



REGISTER NOW

mbjfc.net

GIRLS/BOYS/MIXED TEAMS

UNDER 8 - 17.5/18 | PACK COLLECTION 17 FEB*





Provide First Aid including CPR (Level 2)

Facilitated by:

Helen McGrath

Total First Aid Training



Nationally recognised and fully accredited training

Participants can complete *either*:

Provide First Aid - HLTAID003 (inclusive of CPR, attend session 1 &2) **OR**
Perform CPR - HLTAID001

(refresher recommended every 12 months, attend session 1 in part only)

Online Booking and Registration essential

Please note – 2 step booking / registration process:

Book and pay online here: www.trybooking.com/ZYCG

Once you are booked in, an online workbook will be emailed to you.
You will need to Register and completed this before the class in order
to attend.

Cost: \$100 for entire course or \$50 for CPR only

Session 1 – Tuesday 26th February

Session 2 – Thursday 28th February

Both sessions – 6.00pm to 9.00pm

(CPR ONLY – 6.00pm to 7.00pm 26th February)

Aspendale Gardens Community Service

103-105 Kearney Drive, Aspendale Gardens 3195

9587 5955 | www.agcsinc.org.au | cathy.wilson@agcsinc.org.au



Grasshopper SOCCER

Australia's # 1
non-competitive
soccer program.

Teaching children
aged 2-12
soccer basics
in a fun & social
environment.



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SPORTS DEVELOPMENT PROGRAM

JUNIOR SPORTS



Come and develop your skills while making new friends! Our programs are created to help improve and build the basics required in each sport, whilst learning in a fun and safe environment.

*** FREE TRIAL AVAILABLE**
Term payment required

CRICKET COACHING

Wednesday 5:30pm - 6:30pm
\$10 per session

NETBALL COACHING

Thursday 5:30pm - 6:30pm
\$10 per session

SOCCER COACHING

Wednesday 5:30pm - 6:30pm
\$10 per session



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