

September 2016

Spring Starter Series for Women

Get active, have fun, try something new!



SPRING STARTER SERIES FOR WOMEN - TAURANGA

Register via the [online form](#) or contact Michelle at Sport Bay of Plenty on michelleb@sportbop.co.nz or 07 578 0016

Dates & Time	Activity	Location	Cost	Lead By	Min/Max No.
10.30am -11.30am Omanu Golf Club Sundays: 4th September–9th October Omanu Golf Club	Learn to Play Golf Sessions will progress from basics at the driving range, through to playing a few holes on the course itself. All equipment, access to the course, and coaching provided. Golf is a game for everyone and learning in a relaxed and enjoyable	Sundays and Mondays: Omanu Golf Club / Prodrive Driving Range, 98 Matapihi Rd, Mt Maunganui	\$60 for 6 sessions (one per week)	Mikayla Brown	6-8 max

<p>Mondays: 5th September – 10th October</p> <p>Omokoroa Golf Course</p> <p>Tuesdays: 6th September – 11th October</p>	<p>group environment with other women is a great way to get active, have fun, and absorb this awesome game. Bring your friends along and get involved today.</p>	<p>Tuesdays: Omokoroa Golf Course, Links View Dr, Omokoroa</p>			
<p>Week 1 6pm – 7pm 6th Sept</p> <p>Week 2 7pm – 8pm 13th Sept</p> <p>Week 3 6pm – 7pm 20th Sept</p> <p>Week 4 7pm – 8pm 27th Sept</p> <p>Week 5 6pm – 7pm 4th October</p> <p>Week 6 7pm – 8pm 11th October</p>	<p>Running and Motivation-Based Workshops Beyond Fitness is looking forward to supporting and motivating you as you take on the awesome Spring Starter Series for Women. At Beyond we are in the business of improving quality of life through increased health and fitness. Life is so much more fun and rewarding when we are feeling good about ourselves. With the demands of everyday life, we can forget to prioritise time for ourselves, resulting in a lack of fitness, confidence and decreased happiness. During the series we will be providing fun, adventurous runs for all levels and ‘motivation-based’ workshops at our exclusive training studio!</p> <p>Wk 1: Mount Drury walk/run – 6pm, (3 groups – walk, fast walk, run)</p> <p>Wk 2: Introduction and goal setting session - 7pm</p> <p>Wk 3: Daisy Hardwick walk/run – 6pm, Maxwells Rd car park</p>	<p>Running sessions: Mount Drury, Daisy Hardwick, Papamoa Hills.</p> <p>Motivation workshops: Beyond Fitness Studio 168 Devonport Road, Tauranga</p>	<p>Donation to Tauranga Women’s Refuge</p>	<p>Jason Whitelaw</p>	<p>30 max</p>

	<p>Wk 4: Nutrition session - 7pm</p> <p>Wk 5: Papamoa Hills walk/run – 6pm, car park near quarry</p> <p>Wk 6: Overcoming limiting barriers and obstacles session - 7pm</p>				
<p>9.15am – 10.10am Tuesdays & Thursdays 6th – 22nd Sept</p>	<p>Primal Movement Gain strength without bulk, and build body awareness and balance. Primal movement is a return to prioritising fundamental, natural human movements, comprising primarily of patterns like: squat, lunge, push, pull, travel, carry, rotate, hinge. Gain strength, mobility, endurance, and power whilst learning how to use your body safely and correctly so you can be confident and free in your everyday movements.</p>	<p>Physical Impact, 2 Hynds Rd, Greerton</p>	<p>\$60 for the 6 sessions</p>	<p>Julia Trezise-Conroy</p>	<p>Min 3 Max 12</p>
<p>6.30pm – 7.30pm Tuesdays 6th – 27th Sept</p> <p>10.30am – 11.30am Thursdays 8th – 29th September</p> <p>10.30am – 11.30am Saturdays 10th Sept – 1st Oct</p>	<p>Have a Go at Martial Arts / Self Defence Try Tae kwon do, Kung-Fu, Kickboxing and Self Defence with Tauranga Martial Arts Academy in their clean, safe, world-class training facility. Classes are perfect for beginners who are curious about martial arts, but either through life commitments, or maybe being a little intimidated, have never made it through the door. Improve confidence, energy and wellbeing with supportive, qualified trainers who understand how</p>	<p>The Martial Arts Academy 154 First Avenue West, Tauranga</p>	<p>\$40 for up to 12 sessions</p>	<p>Scott Coburn</p>	<p>Min 8 No Max</p>

	it feels trying martial arts for the first time. With martial arts classes the new group fitness trend, take this opportunity to have a go!				
--	---	--	--	--	--