

**F.I.T**

# **FUN IN TRAINING**

**Physical Education Classes**

**THE FITNESS ORGANISATION  
FACILITATING TRAINING  
ROUTINES TO SUIT  
ALL TYPES OF STUDENTS  
ON YOUR PREMISES**

**NO FUSS**

**WE COME TO YOU!**

**[funintraining@yahoo.com.au](mailto:funintraining@yahoo.com.au)**

**Contact**

**Rita 0421 877 822**

# **COURSE DELIVERY**

Since 2002 in the Perth area, we have been delivering a number of physical fitness and self-defence courses to schools and colleges.

Our aim is to provide courses that are both relevant to and enjoyable for participating students. All classes aim to encourage self-esteem, co-operation, team work and a sense of personal achievement.

We can modify our courses to facilitate the specific needs of schools, for example co-ed or gender specific classes and classes for younger primary school children.

We come to you, with equipment supplied where necessary.

Half day, full day and weekend sessions or workshops are available.

Courses that we offer include:

Self Defence, MMA, Aqua, Kick Boxing, Boot camp, Power Bar, Pilates and Yoga, Acro Yoga, Meditation Relaxation classes, Fit Box, Tia Chi, Total Body Workout, Aerobics, All types of Dance – Zumba, Hip Hop, Belly dance etc, Jungle Body classes including Konga, classes for teachers and after school classes for boarders and day students.

All our instructors have working with children cards, music licences and insurance. They are qualified and engage in regular ongoing professional development.

# SELF DEFENCE

Over the past years, the Australasian Combat Association (ACA) self defence program has undergone major changes in a number of areas.

We have retained the philosophical position that self defence is an absolute last resort and that reducing vulnerability is the first line of self-defence.

Where possible we employ the use of appropriate, non-aggressive body language and verbal skills to attempt to de-escalate and defuse a potentially violent situation.

Where physical attack is unavoidable, we employ a hit and run strategy. It is impossible to become a skilled martial artist in a short period of time, but we can employ basic and practical self defence techniques and strategies to facilitate escape.

Within our self defence courses, we now use a number of safe pressure drills that replicate the anaerobic threshold. This is the area that must be clearly addressed because physical attack precipitates extreme physical/psychological responses that are generally beyond our conscious control. However, we can align ourselves with our responses and harness the available energy in constructive ways.

All techniques and strategies have been tested under pressure by ACA instructors. This has included male instructors attacking female instructors, with the use of body armour for safety purposes, in a closely monitored environment. Consequently, our position is informed by direct experience.

ACA instructors train on a weekly basis to maintain and further develop personal skills and to constantly re-evaluate and refine the teaching methodology. All trainers are registered with the Australasian Combat Association and the International Martial Arts Alliance.

# SELF DEFENCE



**FOCUSING ON PERSONAL  
SAFETY.  
FUN AS WELL AS PRACTICE.**



**EASY, BASIC TECHNIQUES  
THAT WORK WHEN  
APPLIED UNDER PRESSURE.**



**AWARENESS, AVOIDANCE  
AND COMBAT  
WITHOUT PROMOTING FEAR.**

# MIXED MARTIAL ARTS



**A MIXTURE OF  
MARTIAL ART  
TECHNIQUES.**



**SPARRING  
PUNCHING  
BLOCKS  
KICKS  
GRAPPLING  
GRABS**

# ZUMBA



**FUSES LATIN  
RHYTHMS AND  
TODAYS POPULAR  
MUSIC WITH FUN  
DANCE STEPS.**



**SALSA  
CUMBIA  
MERINGUE  
SAMBA  
HIP HOP  
REGGAETON  
BELLYDANCE**

# **JUNGLE BODY KONGA**



**A FULL BODY HIGH  
INTENSITY DANCE  
AND BOXING  
WORKOUT**

**4 EASY TO FOLLOW  
MOVES.**



**INCLUDES HIP HOP,  
OLD SCHOOL,  
MERENGUE AND  
BOXING**

# PILATES



**EMPHASIZES YOUR  
BODYS CORE.**



**WORKS ABDOMEN,  
OBLIQUES, LOWER  
BACK, INNER AND  
OUTER THIGHS,  
BUTT ETC**



# YOGA



**TONES AND  
LENGTHENS YOUR  
MUSCLES.**

**RELAXES YOUR BODY  
AND MIND.**

**INVOLVES POSTURES  
FOR STRETCHING,  
CARDIO AND MUSCLE  
STRENGTH.**



**TEACHES PROPER  
BREATHING,  
MEDITATION AND  
RELAXATION.**

# TIA CHI



**A PHYSICAL  
EXERCISE WITH  
AMAZING BENEFITS.**



**AN EFFECTIVE  
MARTIAL ART.**

**A GUIDE FOR  
SPIRITUAL  
INTEGRATION AND  
ATTAINMENT.**

# SUMO SUITS



**A FUN SESSION TO  
CHALLENGE  
EACH OTHER IN  
FULL BODY  
ARMOUR.**



**SHIN PADS  
BODY ARMOUR  
BOXING GLOVES  
HELMETS**

# **AEROBICS**



**A MODERN FREESTYLE  
VERSION OF AEROBICS**



**CHOREOGRAPHED  
WORKOUT AT AN EASY TO  
FOLLOW PACE.**



**COMBINES LOW AND HIGH  
IMPACT MOVES.**

# DANCE



**ALL DANCE STYLES:**

:

**HIP HOP**



**BELLYDANCE**

**BOLLYWOOD**



**BALLROOM**

**JIVE**

**AND MORE...**

# **FIT BOX**



**AN ENERGETIC  
WORKOUT COMBINING  
KICKING AND PUNCHING  
TO MUSIC.**



**IMPROVE FITNESS  
AND LOSE BODY FAT.**



**EASY TO FOLLOW PACE.**

# POWER BAR



**A CLASS USING A  
WEIGHT BAR TO TONE  
AND CONDITION MUSCLES.**



**INCORPORATING  
RESISTANCE WORK  
DESIGNED TO  
CHALLENGE YOUR  
MUSCLES AND MIND.**

# POWER STRETCH



**COMBINATION OF  
PILATES, YOGA  
AND BALANCE.  
INCORPORATING  
STRENGTH, TONE  
AND FLEXIBILITY.**



**BALANCE AND CORE  
STRENGTH.**

**COMPLETE BODY  
STRETCH.  
SHORT MEDITATION.**



# AQUA



**DEEP OR SHALLOW  
WATER.**

**ZUMBA AQUA**



**PILATES AQUA**

**BOXING AQUA**



**WATER AEROBICS  
WITH FUN ACTIVITIES.**

# BOOTCAMP



**INDOOR OR  
OUTDOOR TRAINING.**

:



**TYRES AND  
EQUIPMENT USED  
TO PUSH YOURSELF  
OUT OF YOUR USUAL  
COMFORT ZONE**

# RELAXATION



**TOTAL RELAXATION  
FOCUSING ON BODY  
AWARENESS AND  
BREATHING.**

**RELAXATION THROUGH  
VISUALISATION.**



**TEACHING TAKE HOME  
TECHNIQUES FOR  
STRESS RELIEF, ANGER  
MANAGEMENT AND LIFE  
COPING SKILLS.**

# TOTAL BODY WORKOUT



**CHALLENGE  
YOURSELF WITH  
AN ALL OVER BODY  
WORKOUT.**



**TONE THOSE LEGS,  
BOTTOMS AND  
THIGHS.**



**NO CO-ORDINATION  
REQUIRED.**

# ACRO YOGA

:



**FUN PARTNER  
YOGA WITH  
ACROBATICS**



**INCORPORATING  
STRENGTH  
TONE AND FLEXIBILITY**



**BALANCE AND CORE  
STRENGTH  
COMPLETE BODY  
STRETCH**

# **F.I.T**

## **FUN IN TRAINING**

**\$98 A SESSION (UP TO ONE HOUR)  
\$147 FOR LARGE GROUPS (40 AND OVER)  
24 HR CANCELLATION REQUIRED**

**TEACHERS CLASSES &  
BEFORE AND AFTER SCHOOL CLASSES FOR STUDENTS  
\$10 PER PERSON**

**PLEASE LET US KNOW IF THERE  
ARE ANY CLASSES NOT LISTED THAT YOU ARE INTERESTED IN.**

**[funintraining@yahoo.com.au](mailto:funintraining@yahoo.com.au)**

**Contact  
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