



Health and Fitness – Cardio Blast

Cardio Blast is a great way to condition different muscle groups, develop new skills and reduce the boredom associated with repetitive exercise routines. Cardio Blast classes aim to strengthen the cardiovascular system, bones, muscles, joints and improve muscle tone, flexibility, balance and coordination. Classes follow the principles of cross-training and are tailored to meet the needs, interests and fitness levels of the students involved. Cardio Blast is a flexible training program that conditions the entire body, not just the specific muscle groups associated with a particular sport. For this reason, students who take part in these sessions are likely to develop a higher level of overall fitness and conditioning. Cardio Blast classes are suitable for students of a competitive and a non-competitive nature as well as those recovering from injury.

Program Co-ordinator	Monique Zahra mzahra@pymblelc.nsw.edu.au
Instructor	Ms Julia O'Neill
Term/s	Term 2 This program will be available every term
Years	Year 7 to 12
Days/Times	Monday 4.00pm to 5.00pm Wednesday 3.30pm to 4.30pm
Cost	\$85.00 per class
Maximum	30 students
Program Dates (Start/End)	Term 2: Monday 1 May to Monday 19 June
Program Dates (Start/End)	Term 2: Wednesday 3 May to Wednesday 21 June
Venue	PE Centre – Meet at the Carpeted Area
Uniform	Students are wear their PE/Sports uniform with suitable shoes