



Health and Fitness – Jungle Body

Jungle Body is a functional beat-driven training program fusing Dance, Boxing and Cardio with toning exercises. Exercises shape the physique and flood the body with endorphins. There are four main movements per track that are simple to follow so participants can master the steps ensuring they can work out harder.

Program Co-ordinator	Monique Zahra mzahra@pymblelc.nsw.edu.au
Instructor	Miss Amite Merrey
Term/s	Term 2 This program will be available every term
Years	Year 7 to 12
Days/Times	Wednesday 6.45am to 7.45am
Cost	\$85.00 per class
Maximum	30 students
Program Dates (Start/End)	Term 2: Wednesday 3 May to Wednesday 21 June
Venue	PE Pavilion
Uniform	Saturday sport T-shirt or House T-shirt Stretchy black/navy tights/shorts Suitable shoes