



UOW STAFF

AN EXERCISE PROGRAM FOR UOW STAFF THAT WILL IMPROVE HEALTH AND FITNESS - CREATING A HEALTHIER WORKFORCE AT UOW!

WIN

A 6 MONTH GOLD PASS!*

- ✓ 3 Month Gold Pass - full access to gym, pool and group exercise classes
- ✓ Small Group Training - Choose from 6 Sessions Each Week: Mondays, Wednesdays, Fridays 6:30am & 5:30pm
- ✓ Two Fitness Age Assessments
- ✓ Food and Exercise Diary
- ✓ Structured Weekly Workouts
- ✓ Weekly Nutrition & Exercise Challenges
- ✓ Motivation, Mentoring & Support from our Professional Trainers
- ✓ Healthy Living Seminars

START DATE
1ST AUGUST 2011
LIMITED PLACES AVAILABLE

ONLY \$375

SALARY SACRIFICE OPTION
FOR UOW STAFF

FREE INFORMATION SESSION AT URAC
WEDNESDAY 20th JULY 12:45pm - 1:15pm

CONTACT JOHNNY MILLER
jmiller@uow.edu.au, phone 4221 4852 or
come and see us at URAC reception TODAY!

Go to www.urac.com.au and see what
our 2010 participants had to say!

*The person that decreases their 'fitness age' by the greatest amount will win their money back and a 6 month Gold Pass to URAC. Conditions apply and are subject to change.

