

UOW
TEAM TRAINING
SQUAD

BE PREPARED

Join URAC's 8 Week Training Program

Cost:

Students & URAC Members

\$150

Retail

\$180

Includes:

- 8 Week Structured Training Program
- Nutrition, Fitness and Sports Coaching
- Convenient Training Times (choose from 6 sessions per week)
- Social, Fun and Interactive training environment
- Entry into a draw to win a 6 month Gold Pass at URAC

Program Starts: **Monday 15th June**
Enrolments close: **Friday 12th June 2009**

Book now – limited spots available!

Email

hannahl@uow.edu.au

or call

4221 4852

for more information

UNIVERSITY
RECREATION
+ AQUATIC
CENTRE

urac
wollongong

The Sun-Herald

CITY 2 SURF

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