



8 WEEK GROUP TRAINING PROGRAM

“TAME THE TEN”

LAUNCESTON 10

Sunday 18th July, 2010

Training begins

Monday 24th May

The Launceston Ten, 10km Road Race is fast approaching, and Unigym invites you to join our comprehensive training program.

Open to Unigym Members, Non-Members, Staff, Students and the Wider Community.

Members \$120

Non-Members \$150

PACKAGE INCLUDES

- Two Fitness Assessments
- Strength & Conditioning Program
- Specialised Programs & Presentations
- Race Day Entry Fee
- Plus a **FREE** Unigym Running Pack!

SPORT + FITNESS
unigym
FOR
EVERYBODY

TAME THE TEN

For more information:

Contact Stephen Stone on **6324 3092** or email

Stephen.Stone@utas.edu.au

Entry Forms available at Unigym Launceston Reception or at
www.unigym.com.au

Entries Close Wednesday 19th May, 2010

Don't miss out on this fantastic opportunity to 'Tame the Ten'!

