

A man in a dark tank top and boxing gloves is smiling while training in a gym. He is positioned in front of a large, dark punching bag. The scene is lit with a strong blue light, creating a dramatic and energetic atmosphere. The man's expression is one of joy and focus.

THE BARBER FITNESS CENTRE

PRESENTS

ACTIVE

AUGUST

A woman in a dark tank top and boxing gloves is training in a gym. She is positioned in front of a large, dark punching bag. The scene is lit with a strong blue light, creating a dramatic and energetic atmosphere. The woman's expression is one of focus and determination.

0000

Active August

The Barber Fitness Centre staff has coordinated a month of activities to support students improving their health and fitness, strength and flexibility.

Sessions will be held from Monday to Thursday each week, with two sessions each morning and afternoon. All sessions will be held in the Barber Fitness Centre and are open to Senior School students of all ages and abilities.

To register, please visit the Co-Curricular website.

Session	Monday	Tuesday	Wednesday	Thursday
Morning 6.00am-6.45am	Speed and Agility Senior Running	Boot Camp (Open)	Challenge your Fitness (Open)	Speed and Agility Junior Running
Morning 6.45am-7.30am	Recovery and Rejuvenate			
Morning 6.00am-6.45am	Weights (open)	Level 1 Weights		
Morning 6.45am-7.30am	Weights	Weights (Open)	Weights	Weights (Open)
Afternoon 4.00pm-4.45pm	Rehab/All Sportz	Weights (Netball)	Rehab/All Sportz	Weights (Open)
Afternoon 4.50pm-5.30pm	Weights	Bootcamp	Weights	Student Boxing



Speed & Agility



These sessions will focus on the development of acceleration and top speed running, as well as deceleration and rapid change of direction abilities. Each session will involve some focus on technique, training for lower-body power and speed, and some fun competitive drills.

Recovery & Rejuvenate

These sessions will focus on whole-body mobility, movement quality, and dynamic stability to leave you feeling recovered and refreshed. Each session will also aim to introduce some of the key principles of physical health that you can use to enhance your recovery and athletic performance.





Boot Camp



These sessions will combine circuit-style physical training with fun games and competition that challenges your movement, strength and endurance using a wide range of exercises and equipment. These sessions are recommended mostly for individuals who have had previous strength training experience.

Open weights

These sessions will involve an open gym for students to perform their own individual training. A variety of training programs will be available for use, each tailored to develop various aspects of physical health and fitness such as: lower and upper body strength; core strength and stability; aerobic and anaerobic fitness/endurance; and mobility, movement and stability. Physical training advice, guidance and support will be available for any assistance you require.



Challenge Your Fitness



These sessions will provide a fun and challenging way of testing your abilities across a wide range of physical performance tasks and offers an opportunity for students to identify their physical strengths and work towards building on areas for improvement. Each session will challenge your upper and lower body strength, power, grip strength, core endurance, mobility and flexibility, stability and aerobic capacity / fitness.

Student Boxing

These sessions will focus on safe, fun boxing drills and technique work whilst improving your cardiovascular fitness. Boxing is the ultimate full body workout. Correct boxing technique requires speed, agility and balance and uses legs, hips, glutes, core, back, shoulders, chest and arms. Come and learn the "Sweet Science".





Guildford Grammar School

FOUNDED 1896

