

FITNESS & WELLBEING

Our Fitness & Wellbeing programs offer a variety of Cardio and Aerobic workouts. We cover all the fundamentals of a fun-filled fitness workout for students in the middle/ upper primary and secondary years.

We explore a range of fitness skills and topics including strength and body conditioning, dance and boxing-inspired moves, HIIT and circuit training, health hustles, active stretching and sporting challenges.

Watch the benefits unfold as we strengthen all facets of a student's mind, body and soul:

- Improved cardiovascular health, strength & agility
- Increased endorphins & dopamine levels
- Improved body awareness and self-confidence
- Stress-release, mental stamina & mind clarity
- Practice following instructions
- And so much more...

OUR PROGRAMS:

- ✓ Meet The Early Years Learning Framework, Australian Curriculum and SACE requirements
- ✓ Suitable for all ages and learning abilities
- ✓ Completely tailored to suit your school, centre and students' needs and interests
- ✓ Fresh, current, dynamic and FUN!

OUR INSTRUCTORS:

- ✓ Hold Police Clearance and Screening Checks (State, Independent & Catholic)
- ✓ First-Aid trained
- ✓ Qualified in Teaching and/ or discipline-specific trained
- ✓ Extensive teaching experience locally and overseas
- ✓ Energetic, fun and passionate about education and personal development



GROUND FORCE
IN-SCHOOL PROGRAMS

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Contact us for a
FREE TRIAL!
New Schools & Centres