



Join us on Zoom

12pm - 1pm

Register today

<https://www.eventbrite.com.au/e/104494874984>

EVERY MONDAY, WEDNESDAY, FRIDAY

**Kitikana@home**

WITH COACH MARC

 [www.facebook.com/marc.matousek](http://www.facebook.com/marc.matousek)

Dip Fitness  
Cert III Fitness  
Cert IV Personal Training

STARTING 11th MAY 2020



Join Kitikana@home


On **FACEBOOK**

Get fit while having fun at home

For more information  
Contact Chris Pitt at

[c.pitt@westernsydney.edu.au](mailto:c.pitt@westernsydney.edu.au)

Get in Touch 

 MONDAY

Full Body fitness : Body Weight Circuit Style  
Training

 WEDNESDAY

Dance Mix - Mix of Hip hop, Aerobics, Latin  
with some bodyweight exercises

 FRIDAY

Box With Attitude - Boxing Circuit with some  
kickboxing mixed in



Maridulu **Budyari Gumal**

Working together for good health and wellbeing

Aboriginal **Health and Wellbeing**

Clinical Academic Group