

## Calling all Master Athletes!



The Pan-Pacific Masters Games are in full swing again this year, and nominations are now open. Best of all they are taking place in Australia, on the Gold Coast 6-14th of November 2010.

### What sports can you nominate yourself for?:

AFL, Archery, Athletics, Baseball, Basketball, Beach Volleyball, Cricket, Dragon boats, Soccer, Futsal, Golf, Hockey, Judo, Lawn Bowls, Motocross, Netball, Polocrosse, Rowing, Rugby League, Rugby Union, Shooting, Softball, Squash, Swimming, Tennis, Ten Pin Bowling, Touch and Water Polo.

Visit [www.mastersgames.com.au](http://www.mastersgames.com.au) for more info

### Also have a look at WA Masters club sites:

Athletics: [www.mastersathleticswa.org](http://www.mastersathleticswa.org)  
 Swimming: [www.mastersswimming.org.au](http://www.mastersswimming.org.au)  
 AFL: [www.wamastersfooty.com.au](http://www.wamastersfooty.com.au)  
 Hockey: [www.wavets.org](http://www.wavets.org)  
 Squash: [www.wasquash.asn.au](http://www.wasquash.asn.au)

## WHATS ON?!



The circuit will include boxing, skipping, body weight exercises, some running (if weather permits), floor work and free weight exercises. To help maintain your cardio fitness, core stability and muscle tone.

**Starts Monday 5th July for 8 weeks**

**Location** – Seminar Room at Trench Gym, 17 Lemnos St Shenton Park

**Time** – 5.30pm to 6.30pm.

**Price** – \$98

**Please bring a water bottle, a towel and a great attitude to build on.**

**To reserve your place please [click and pay here](#)**

### **FUTURE BOOTCAMPS in 2010**

- Inspire and Ignite Outdoor Bootcamps in Kings Park
- Monday nights 5.30pm to 6.30pm (Tuesday night if Monday a public holiday)

**Spring Session** starts 6th September for 8 weeks finishes 25th October. **Pre Xmas Session** starts 1st November for 8 weeks finishes 20th December



Trench Health and Fitness has fitness Facilities in the Perth CBD and Shenton Park

Opening hours as follows:

Monday to Thursday	6am - 8pm
Friday	6am - 2pm
Saturday	8am - 12pm

For further information contact:  
Your health and lifestyle coordinator  
E. [admin@trenchhealth.com.au](mailto:admin@trenchhealth.com.au)

P:(08) 9382 2663  
[admin@trenchhealth.com.au](mailto:admin@trenchhealth.com.au)

[www.trenchhealth.com.au](http://www.trenchhealth.com.au)



WOW. what's on weekly

