



ASHY FITNESS TIMETABLE

NOVEMBER / DECEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		29 5:00pm Keegan Ledder Elwood Surf Life Saving Club (Youth Girls 2018)*	30	1 5:15pm - 6:15pm (Players aged 15 + and parents) Keegan Ledder, BR	2	3
4 9:00am Kevin Mannix Hartwell SG (Players aged 14 - 17 years)	5	6 9:00am Kevin Mannix Hartwell SG (Players aged 14 - 17 years) 5:00pm Keegan Ledder AP (Youth Girls 2018)*	7	8 5:15pm - 6:15pm (Players aged 15 + and parents) Keegan Ledder, Burwood Reserve	9	10
11 9:00am Kevin Mannix Hartwell SG (Players aged 14 - 17 years)	12	13 9:00am Kevin Mannix Hartwell SG (Players aged 14 - 17 years) 5:00pm Keegan Ledder The Tan, BBQ Afterwards (Youth Girls 2018)*	14	15 5:15pm - 6:15pm (Players aged 15 + and parents) Keegan Ledder, Burwood Reserve	16	17
18 9:00am Kevin Mannix Hartwell SG (Players aged 14 - 17 years)	19	20 9:00am Kevin Mannix Hartwell SG (Players aged 14 - 17 years)	21	22 5:15pm - 6:15pm (Players aged 15 + and parents) Keegan Ledder, Burwood Reserve	23	24 Christmas Eve 
25 Christmas Day 	26 Boxing Day	27	28	29	30	31 New Year's Eve 



ASHY FITNESS TIMETABLE

JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
8	9	10	11	12 4:30pm - 5:15pm <i>(Players aged Under 15)</i> 5:15pm - 6:15pm <i>(Players aged 15 + and parents)</i> Keegan Ledder, BR	13	14
15 9:00am Kevin Mannix Hartwell SG <i>(Players aged 14 - 17 years)</i>	16	17 9:00am Kevin Mannix Hartwell SG <i>(Players aged 14 - 17 years)</i>	18	19 4:30pm - 5:15pm <i>(Players aged Under 15)</i> 5:15pm - 6:15pm <i>(Players aged 15 + and parents)</i> Keegan Ledder, BR	20	21
22 9:00am Kevin Mannix Hartwell SG <i>(Players aged 14 - 17 years)</i>	23	24 9:00am Kevin Mannix Hartwell SG <i>(Players aged 14 - 17 years)</i>	25	26 Australia Day 	27	28
29 9:00am Kevin Mannix Hartwell SG <i>(Players aged 14 - 17 years)</i>	30	31 - School returns 5:30pm Kevin Mannix Hartwell SG <i>(Players aged 14 - 17 years)</i>				



ASHY FITNESS TIMETABLE

FEBRUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2 4:30pm - 5:15pm <i>(Players aged Under 15)</i> 5:15pm - 6:15pm <i>(Players aged 15 + and parents)</i> Keegan Ledder, BR	3	4 5:30pm Kevin Mannix Hartwell SG <i>(Players aged 14 - 17 years)</i>
5	6 5:30pm Kevin Mannix Hartwell SG <i>(Players aged 14 - 17 years)</i>	7	8	9 4:30pm - 5:15pm <i>(Players aged Under 15)</i> 5:15pm - 6:15pm <i>(Players aged 15 + and parents)</i> Keegan Ledder, BR	10	11 5:30pm Kevin Mannix Hartwell SG <i>(Players aged 14 - 17 years)</i>
12 <i>Ashy preseason begins - training schedule TBC</i>	13 5:30pm Kevin Mannix Hartwell SG <i>(Players aged 14 - 17 years)</i>	14	15	16 4:30pm - 5:15pm <i>(Players aged Under 15)</i> 5:15pm - 6:15pm <i>(Players aged 15 + and parents)</i> Keegan Ledder, BR	17	18 5:30pm Kevin Mannix Hartwell SG <i>(Players aged 14 - 17 years)</i>
19	20	21	22	23 4:30pm - 5:15pm <i>(Players aged Under 15)</i> 5:15pm - 6:15pm <i>(Players aged 15 + and parents)</i> Keegan Ledder, BR	24	25 5:30pm Kevin Mannix Hartwell SG <i>(Players aged 14 - 17 years)</i>
26	27	28	Locations: Hartwell SG = Hartwell Sports Ground, Bath Road, Glen Iris AP = Ashburton Park, Fakenham Road, Ashburton BR = Burwood Reserve, 282A Warrigal Road, Glen Iris <i>* These sessions are designed to be physically challenging</i>			

**More information about
Kevin Mannix:**

Owner and Founder, Run for Body and Soul

Mob: 0400 021 889 Email: run4bodyandsoul@optusnet.com.au

AA Level 2 Advanced Accredited Running Coach

IAAF Kids' Athletics Coach

Working with Children Check: 0366380A-01

ABN no.: 82586144975

- Middle Distance and Cross Country coach De La Salle College
- Glenhuntly Athletics Club kids athletics coach
- Specialist run coach from 5km to Ultra Marathon
- Australian Representative World Trail Running Championships 2011
- Australian record holder Oxfam Trailwalker 100km team event
- Two Bays Trail Run 56km winner 2011
- 2XU Ambassador

Costs:

- All 18 sessions: \$140
- Two months (12 sessions): \$100
- One month (6 sessions): \$50
- Or \$10 casual, come any time



**More information about
Keegan Ledder:**

Mob: 0403 325 795

Email: keegan_ledder@hotmail.com

WWCC # 0980399A-01

Currently studying Masters in Strength & Conditioning

- Keegan is highly experienced and successful personal trainer
- For the past 10 years he ran his own successful training business in various gym based settings and outdoor boot camps
- He has worked with local football clubs, such as Ashy and Oakleigh Chargers football clubs, and a part of the Geelong Cats sports science team
- Catering to the individualities of everyone he trains with, he focuses on athletic performance and education to get the best results possible

Costs:

- \$5.00 per player, per session

