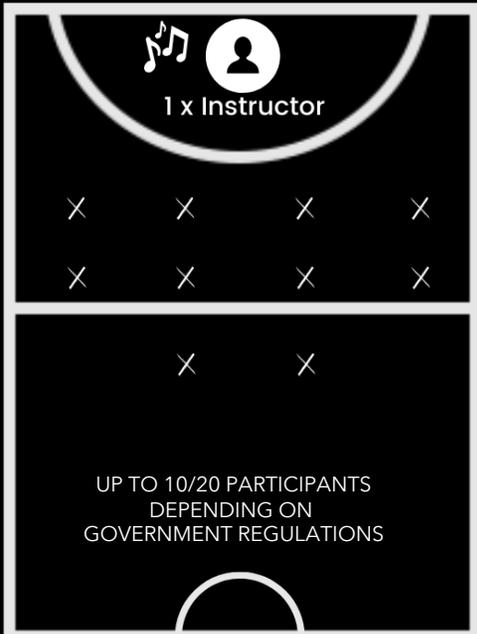


**We're ready to
return to the
court with you!**





- Sanitary Station
- Temperature check before every class
- Maintain 1.5m physical distance
- One ball per participant Supplied by NETFIT
- If you are not feeling well DO NOT sign up
- 45mins In & Out

CLASSES

- | | | | | | |
|--------------------|----------------------|-----------------------|---------------------|--------------------|--------------------|
| NETFIT PLAY | NETFIT ATTACK | NETFIT DEFENCE | NETFIT SPEED | NETFIT GAME | NETFIT BURN |
|--------------------|----------------------|-----------------------|---------------------|--------------------|--------------------|

COST

Starting from \$27.50 (inc GST) per attendee, minimum class numbers required.



Creating a safe way to keep our netballers motivated & active

NETFIT

OUTSIDE FITNESS CLASS!

This high-energy 45 minute netball fitness class combines explosive netball movements with strength and power exercise to music! Our classes are all based on netball specific fitness teamwork and empowerment. ISO designed in accordance with government social distancing measures.

WHO

Train with World Champion netballers like Kim Green and other professional athlete's Sarah Wall, Tay Davies & Bronnee Loy.

AGE GROUPS

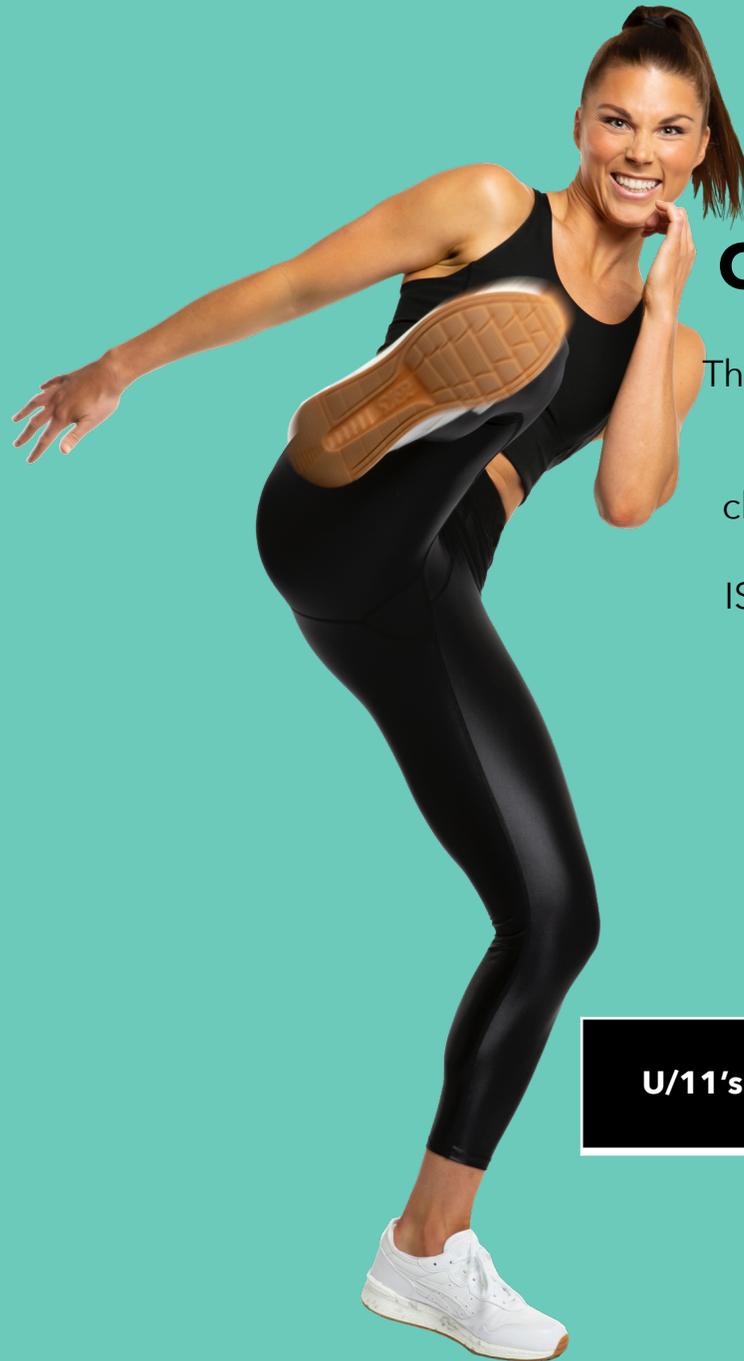
U/11's

U/13's

U/15's

17's & OPEN

BOOK NOW



NETFIT

VIRTUAL GYM CLASS!



COST

Starting from \$165 (inc GST),
depending on your requirements.

WHAT

Virtually delivered fitness and coaching content aimed at getting you moving.
Available sessions inc:

- Fitness: HIIT Classes, Yoga & Pilates
- Netball Skills & Challenges
- Coaching, Mindset & Well being Workshops

WHO

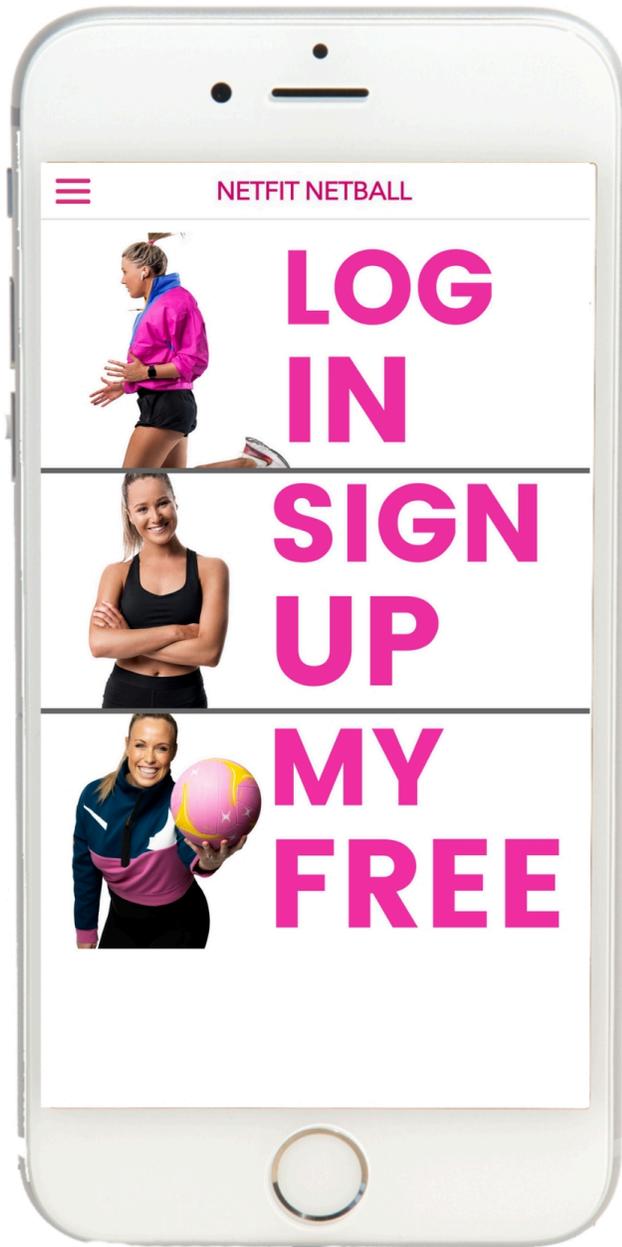
Train with elite level netballers like Kim Green, Sarah Wall, Tay Davies and Bronnee Loy. All of our facilitators are professional athletes and qualified personal trainers and/or coaches.

WHEN

Delivered anytime, anywhere throughout the world, to your screens.

HOW

Through your preferred virtual platform, like Zoom, Teams, Hangout or even Facebook Watch Party, we can cater to your needs to ensure safe and moderated use on your platform of choice. Coaches and Parents are also welcome to join.



WHAT: The NETFIT App has over 100 hours of curriculum approved coaching & fitness content acting as the perfect Teaching or Coaching Aid to assist you in facilitating your physical education sessions.

WHEN: As the owner of a 12-month subscription you have the ability to learn and review the content to model your own sessions whenever it suits your schedule. From your desktop or smartphone the content on the NETFIT App is available anytime anywhere.

WHO: The content is created by NETFIT founder, 3-time Premiership winning elite netballer and qualified school teacher Sarah Wall who with the help of World Champion netballer Kim Green former Australian Coaches Lisa Alexander and Norma Plumber and their friends have helped comprise this school-friendly content model to keep students engaged.

HOW: Easy! Download and Buy direct online from the Apple or Google Shops or be invoiced direct from NETFIT for multiple subscriptions. It's all there ready to use at the touch of a button with NETFIT technical support available to run you through a tutorial or answer any queries that you have.

COST

Single 12-month subscriptions are \$119 (inc GST) through the App Store, with discounts available for 5+ subscriptions.

To purchase 5+ subscriptions and activate your discount please contact NETFIT netball directly –

info@netfitnetball.com.au



CONTACT US

www.netfitnetball.com