



# Corporate Soccer and Fitness Training

Mark Robertson  
Skilled Soccer  
Coaching Academy  
Tel: 0409 985 291

Visit Our Website

### Soccer Benefits

- 🕒 **Enjoyment** - Studies show playing soccer is the 2<sup>nd</sup> most popular fitness activity behind number one going to the gym
- 🧘 **Health** - Stress free fun and fitness ideal for workers looking to burn some extra calories whilst enhancing muscular strength & endurance
- 🧠 **Mind** - Soccer allows your mind to be active whilst playing

Mark Robertson Skilled Soccer Coaching Academy is conducting a 45 minute lunchtime express and intense soccer workout to achieve a Healthy Body & Healthy Mind.

Why not join the new corporate physical fitness that involves working in a team environment whilst enhancing your individual physical fitness and skill levels.

You can achieve results other fitness activities can't !!!!!!! Burning calories toning muscles and improving your foot eye coordination has never been so fun. Designed by a former Socceroo with over 14 years professional playing experience in top competitions across

Hosting company to organize times and venue for the corporate soccer sessions to take place  
**ie: local park or grass area. Early Morning or Lunch time available**

**Cost** \$15.00 per session (tax deductible)

**What to bring**

- 🕒 Drink bottle
- 👟 Running Shoes/Soccer Boots
- 👖 Shorts
- 👕 Shirt
- 👒 Hat (optional)
- ☀️ Suncream (optional)

Come improve your fitness & soccer skills with our highly qualified coaches



Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Age: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Please circle days of interest

Corporate Soccer & Fitness				
Monday	Tuesday	Wednesday	Thursday	Friday

Any queries please don't hesitate to contact **Mark** on **0409 985 291**

or visit

**www.mrsoccer.com.au**