

OAC PRESENTS...

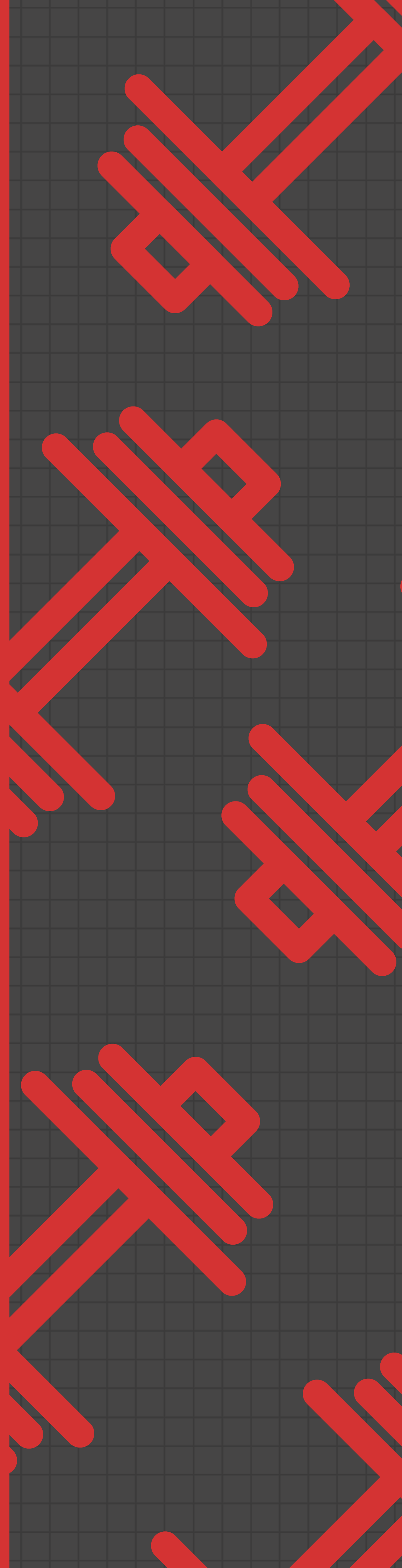
OAC ONLINE GYM

An Online Collective to...

- Support Strength Training
- Offer Practical Sessions and Guidance
- Offer a Few Cheeky F2F Events
- Set up Challenges, and Competitions

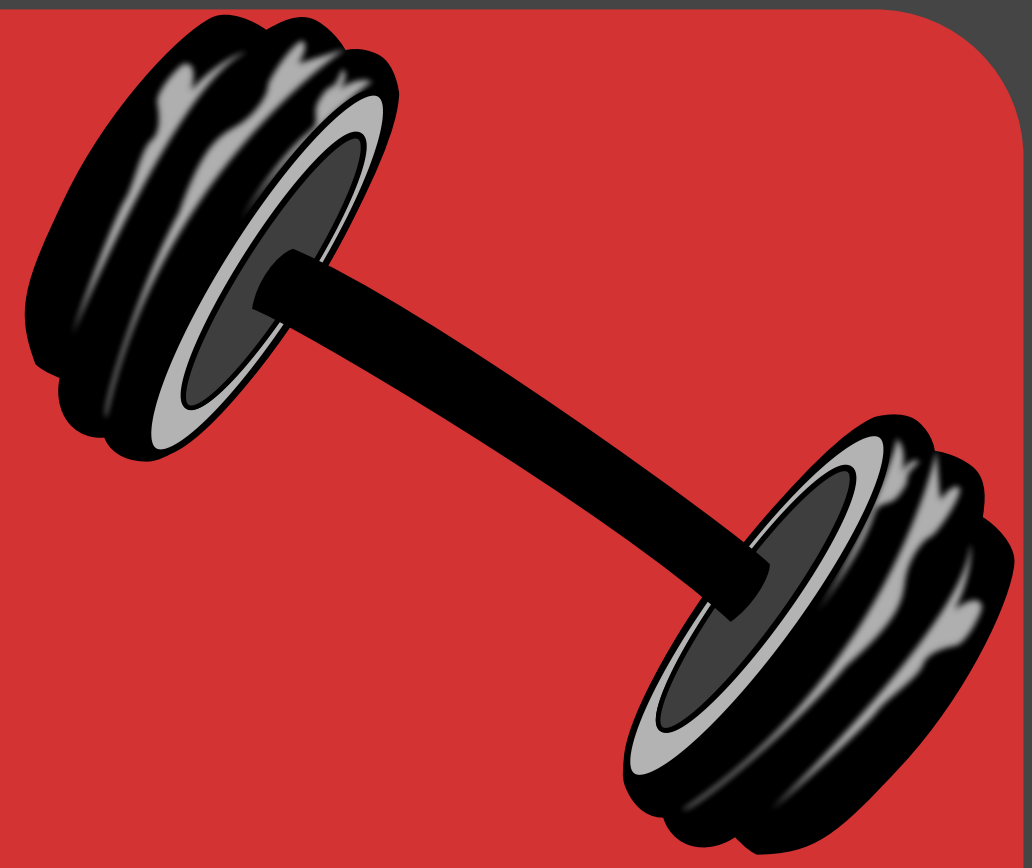
**OPEN TO ALL WHO
WANT TO GET STRONG!
IMPROVE SELF-
CONFIDENCE! AND
SUPPORT THEIR
MENTAL HEALTH**

WHILST WITHIN A FABULOUSLY
SUPPORTED GROUP





WHO'S INVOLVED



TEACHERS

HUW BOWEN

- PE Teacher and Sports Coach for 30+ Yrs
- Strength Training for 30+ Yrs
- Rugby player and Coach
- Why I Train:
 - Initially to play at as high a standard as possible
 - Now its to stay healthy, functional and to be active - especially snow skiing and golf!

TAHLIA JONES

- Strength Based Training for 4yrs, Powerlifting Specialised for the past 12 months
- Why I Train:
 - Initially I noticed a lack of activity in my life and needed something I could do on my own as I “don’t play well with others”
 - Now I love having control over my body through the strength I have gained, its also supports my mental health so so much and lifting heavy things feels really good!

MIKAYLA HUGHES

- Strength Training at the Gym for a Year
- Some Prior Strength Training at Home
- Why I Train:
 - Initially was to become more confident
 - Now its to become healthier, more confident and stronger

STUDENTS

BROOKLYN DOECKE

- Regularly goes to the gym
- Fairly fresh to training in this setting due to the age limit to join
- JUST STARTING THE JOURNEY

JOIN NOW



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