



Presents

AEROBICS OZ STYLE



Sky Sports brings you the opportunity to do exercise in the comfort of your own living room with **Aerobics Oz Style**. The daily aerobic routine show is filmed on location at many of Sydney's most beautiful landmarks. The routines themselves are simple to follow and encourage viewer participation, with constant information on how to do each exercise correctly and which muscles correspond to which stretch. All of which is demonstrated by a highly skilled team of instructors. Previous and present instructors include: Effie Michaels, Michelle Dean, June Jones, Jodie Low, Helen Tardent, Wendi Carroll & Kelly Martinovich.

With the added bonus of Sky+ viewers can now record the episodes and keep their very own catalogue of exercise videos to use at their own leisure. The programming includes workouts and toning for all areas of the body, including:

Low impact routines, Floor exercises, Kick boxing, High energy cardiovascular workouts, Body toning exercises, Fat burners, Stretching and yoga, Pilates and swissball.



Coverage (*Subject to change)

Channels: Sky Sports Network (1, 2, 3, Xtra, HD1, HD2, HD3)
Schedule: 06:00, 11:00 & 16:30
Duration: 30 minutes
Episodes: Approximately 750 episodes per annum, including all repeats

A full programme report for 2009 is available on request.

Predicted Audience Delivery

Audience	Individuals	Adults	Adults Abc1	Men Abc1
Average TVR (all episodes)	0.01	0.01	0.01	0.01
Total TVRs (30" equivalents)	16	16	16	16
Total TVRs (Actuals)	30	30	30	30
Series Coverage (%)	1.6	1.8	1.7	2.7
Series Coverage (000s)	813	775	381	306

Sponsor Accreditation

Opening & Closing Sequences

The sponsor will be featured both visually and verbally in a title sequence lasting up to a maximum of 15 seconds. There will be 2 x 15 second opening/closing sequences per programme.

Break-bumpers

The sponsor will be featured both visually and verbally in a full screen bumper either side of the commercial break. There will be 2 x 5 second break-bumpers per programme.

Investment Level

Available on request