



TERM 2 PT GROUP CLASSES START TUES 14th APRIL

COST \$150 FOR EACH CLASS FOR DURATION OF THE TERM
 NEW CLASS *KIDZ AND TEENAGE FITNESS CLASSES \$40.00 FOR 4 WEEKS

MON	TUES	WED	THURS	FRI	SAT
		9.30AM STEP/ABS BUTT			9.00AM *BIG KIDS FITNESS
	5.30PM POWERBAR				
	6.30PM EXTREME CORE	4.00PM *KIDZ FITNESS			
			7PM POWERBAR		

TERM 2 BOOTCAMP STARTS MON 13th APRIL

4 WEEKS BOOTCAMP COST \$150

MON	TUES	WED	THURS	FRI	SAT
					9.30AM BOOTCAMP OUTDOOR
7PM BOOTCAMP BOXING		7PM GYM BOOT INDOOR			

- ❖ "UNLIMITED NRG" INCLUDES ANY PT GROUP CLASS PLUS ANY BOOTCAMP SESSIONS FOR THE DURATION OF TERM 2. COST IS \$400
 - ❖ BOOTCAMP \$150 for 4 WEEKS
 - ❖ PT GROUP CLASSES \$150 FOR EACH CLASS FOR 11 WEEKS
 - ❖ KIDZ FITNESS AND BIG KIDS FITNESS COST \$40 FOR 4 WEEKS
- CALL CHERYLE MILLIGAN 0419 535 720