




WOULD YOU LIKE TO GET FITTER AND HEALTHIER?

ARE YOU UNSURE OF JOINING A GYM OR ATTENDING A CLASS?

PLUS FREE WEEKLY WEIGH IN



SESSIONS TAKE PLACE BOTH INDOORS AND OUTDOORS DEPENDING ON THE WEATHER

FITCLUB IS A FREE TO ALL EXERCISE CLASS OPEN TO ALL ABILITIES AND AGES.

Each class is run by **trained professional fitness instructors**, that provide group sessions to match your ability.

Whether you exercise regularly, in need of a change of routine or maybe thinking of taking part in exercise for the very first time then **FitClub is for you.**

FOR FURTHER DETAILS CALL NOW OR TEXT

Ally
0414 664 755

If you are 16 to 86 you'll be welcome and taking part will be effective and fun.