

BEGINNER FITNESS



\$12.50 PER SESSION OR \$33 PER WEEK FOR UNLIMITED SESSIONS

A great way to start out or resume your training program, this group combines cardiovascular training, gentle weight training, along with yoga and Pilates exercises.

Now Running Sessions At;

- **Vermont Sporting Club (Mel. 62 J3)** - Wednesday 7.30pm
- **Oakleigh Sporting Club (Mel. 69 F6)** - Monday 7.30pm, Wednesday 7.30pm,
Saturday 8.00am



1300 859 169

www.activelifestyle.com.au

LOSE WEIGHT, FEEL GREAT