

FIGHTING FIT



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

A high intensity class that combines cardiovascular training like boxing, running, and skipping with; weight training using barbells, body weight exercises, and medicine balls.

Now Running Sessions at:

- **Vermont Sporting Club (Mel 62J3)** : Monday 9.00pm, Wednesday 6.00am, 6.30pm, 9.00pm
- **Oakleigh Sporting Club (Mel 69F6)** : Monday 6.30pm, Tuesday 6.00am, Wednesday 6.30pm, Thursday 6.00am, Saturday 7.00am
- **Muscle and Body Shape Gym, Richmond (Mel 44D11)** : Monday 7.15am, Wednesday 7.15am



ACTIVE LIFESTYLE

Health & Fitness Specialists

1300 859 169

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LET US WHIP YOU INTO SHAPE