

**Want to Look and feel fit & toned ?
 Want to have fun in a small group ?
 Need to bring the kids along ?**



Ladies ONLY FITT CAMP

Mawson Park in Hillarys Monday & Friday 9.15am to 10.15am

- ✓ Leave your kids to play safely on the playground, we are only metres away
- ✓ Beginners to Intermediate - Work at your own pace.
- ✓ Weight Bearing exercise and cardiovascular fitness – lots of variety
- ✓ Lose some kilos, gain some muscle tone and have some fun.
- ✓ Join by the school term or come casual. Season will extend in summer months.



<u>Package choice</u>	<u>Total sessions in term</u>	<u>Cost</u>	<u>FREE SESSIONS included</u>
Full Term 16 Oct-14 Dec 2009	18 sessions	\$180 - \$10 per session	Pay for 12 6 free sessions
Monday Only	9 Sessions	\$104	1 free session
Friday Only	9 Sessions	\$117	1 free session
Casual	As you go	\$15	Exact \$ appreciated



**FREE TRIAL
 for you & a
 friend**



Tailored Fitness. Shop 3 Cnr Lilburne & Hilarion Road. Duncraig 9448 2003