

Stretch and Abs Class

-Posture and flexibility-

Department of Infrastructure and Regional Development

New term starts - **Thursday 2nd November 12:00 -12:45pm**

- ✓ Improve muscle balance
- ✓ Improve posture
- ✓ Build muscle tone
- ✓ Release tension and strengthen weak muscles
- ✓ Identify and activate your core muscles
- ✓ Increase flexibility and range of motion
- ✓ Reverse the side effects of long time sitting
- ✓ Burn calories

8 WEEK TERM

\$120



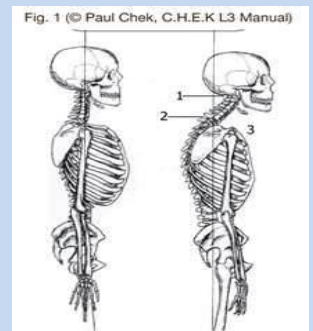
FORWARD FITNESS
personal training

**Actively building sustainable healthy lifestyles*

One to One personal training

Small group sessions

Lunchtime Boxing classes



Contact:

aston@forwardfitnesspt.com.au

and register or call 0416 119 856