

LUNCHTIME BOX-FIT



NEW TERM STARTS Wednesday 25th October

12:45pm Eddison Park – Woden

30minute solid workout



Catering for all levels of fitness - all equipment supplied

Your trainer is a nationally accredited Punchfit graduate



- ✓ **Get Fit**
- ✓ **Burn calories**
- ✓ **Build muscle tone**
- ✓ **Strengthen your core**



FORWARD FITNESS
personal training

**HURRY! NUMBERS LIMITED to 8
REGISTER TODAY via Contact Aston
tab on website below**

forwardfitnesspt.com.au

or call Aston 0416 119 856

Actively Building Sustainable Healthy Lifestyles