



Fitness with a Twist

BARDON BASED PERSONAL TRAINER

Group Fitness Sessions:

❖ **\$17 Casual / 6-pack \$85 / 10-pack \$135**

45 / 60mins: Jubilee and Bowman

Parks in Bardon



❖ **Free - BCC Funded Active Parks / GOLD Sessions**

60mins: Jubilee and Bowman

Parks in Bardon



FUN, SUPPORTIVE, FOR ALL AGES

Contact Christine Brown



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2024 GROUP FITNESS – TERM 2



JC Slaughter Falls, Mt Coottha



Bowman Park, Bardon



Jubilee Park, Bardon

	<i>Mo</i>	<i>Tu</i>	<i>We</i>	<i>Th</i>	<i>Fr</i>	<i>Sa</i>	
6:00am	HIIT						
6:30am			TC				
7:00am						TC	
9:15am						TC+	
9:30am				50+ CT+			
10:30am					PIL+		

[+ Free Active Parks/GOLD Sessions]

50+ CT– Circuit Training

Safe strength, core, balance and agility.

Suitable for all ages.

HIIT – High Intensity Interval Training

Challenge and improve fitness, strength & endurance.

PIL – Pilates

Build core strength and stability.

TC– Tabata & Core

Interval training with core & stability exercises.

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