



Fitness with a Twist

BARDON BASED PERSONAL TRAINER

Group Fitness Sessions:

❖ **\$18 Casual / 6-pack \$90 / 10-pack \$145**

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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2026 GROUP FITNESS – TERM 3



JC Slaughter Falls, Mt Coottha



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			TC45			
7:00am						TC ⁺
9:15am					TC	
10:30am				PIL ⁺		

[+ Free BCC Active & Healthy Sessions]

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.

TC45 – Tabata & Core (45 minutes)
Interval training with core & stability exercises.

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