

# FUN FREE OUTDOOR FITNESS CAMPS

ON NOW

WILLOWDALE PARK  
JAMBOREE AVENUE (OPPOSITE CUB STREET)  
DENHAM COURT

NO JOINING FEE, NO CLASS FEE, IT'S ALL **FREE!**



REGISTER TODAY TO BOOK YOUR SESSION  
AND GET A **FREE** TAILORED NUTRITION PLAN!

[www.livelifeggetactive.com](http://www.livelifeggetactive.com)



EACH CLASS RUNS FOR 45MINS DAILY

Mon



X-TRAINING

6.00am

Tue



BOXING

6.00am

Wed



X-TRAINING

6.00am

Thurs



BOXING

6.00am

Fri



YOGA

12.00pm Midday

PROUDLY SUPPORTED BY



WILLOWDALE

