

Devote some time in the day just for you!

FUN FREE OUTDOOR FITNESS CAMPS

ON NOW

WILLOWDALE PARK

JAMBOREE AVENUE (CORNER OF CUB STREET)

DENHAM COURT, 2565

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



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

www.livelifegetactive.com



EACH RUNS FOR 45MINS DAILY

Mon



X-TRAINING

6.30pm

Tue



YOGA

9.30am

Wed



BOXING

6.00am

Thurs



X-TRAINING

6.00am

Fri



BOXING

6.30pm

PROUDLY SUPPORTED BY



WILLOWDALE



Live Life Get Active is a community initiative that is facilitated and funded by Corporate Australia and Local Government.

Live Life Get Active Pty Ltd ABN 53 152 823 071