

BUILD YOUR CONFIDENCE, FEEL HEALTHIER AND A WHOLE LOT HAPPIER

FUN FREE OUTDOOR FITNESS CAMPS

ON NOW

Monday to Thursday

Newport Park Cnr Spinnaker Blvd & Comanche St

Friday

Spinnaker Park, Lakeview Promenade, Newport

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



Regular exercise and good nutrition
can help build a happy life

CLASSES START AT 6.15AM DAILY - EACH SESSION RUNS FOR 45MIN

Mon



X-TRAINING

Tue



BOXING

Wed



X-TRAINING

Thurs



BOXING

Fri



YOGA

REGISTER TODAY TO BOOK YOUR SESSIONS
via www.livelifegetactive.com

OR SIMPLY SCAN THE CODE BELOW TO GET STARTED

PROUDLY SUPPORTED BY

