

Devote some time in the day just for you!

FUN FREE OUTDOOR FITNESS CAMPS

NEW CAMPS **ON NOW**
HIGHLANDS SALES AND INFORMATION CENTRE
PARK BY THE WATERSIDE
1 NORTH SHORE DRIVE, CRAIGIEBURN

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



have fun!



renew your energy



feel fit and strong!



make time for you



meet new friends

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

www.livelifeggetactive.com



BOTH SESSIONS RUN FOR 45MINS DAILY

SESSION 1	9.30am
SESSION 2	6.30pm

Mon



X-TRAINING

Tue



BOXING

Wed



X-TRAINING

Thurs



BOXING

Fri



YOGA

PROUDLY SUPPORTED BY



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