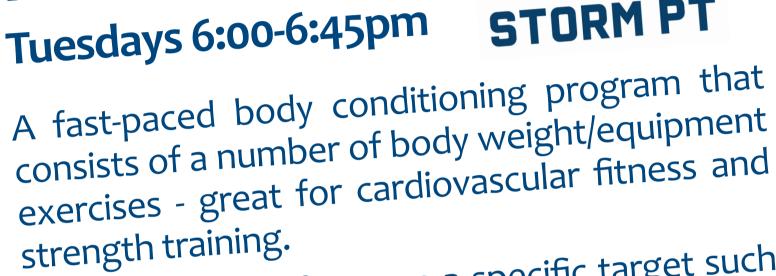




Indoor Circuit

STORM PT



Each session will focus on a specific target such as lower body, cardiovascular, upper body or full body, with a light warm-up and cool down.

Beginners and intermediates more than welcome! Exercises can easily be altered for your needs.

Location: Nightcliff Community Centre - Boab Room,

18 Bauhinia St, Nightcliff

No bookings required! Cost: \$5 per session

Contact: Storm PT - Ruby via 0451 019 117 or

stormptnt@gmail.com





Suitable





