



Indoor Circuit

Tuesdays 6:00-6:45pm



STORM PT

A fast-paced body conditioning program that consists of a number of body weight/equipment exercises - great for cardiovascular fitness and strength training.

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

Cost: \$5 per session

No bookings required!

Contact: Storm PT - Ruby via 0451 019 117 or
stormptnt@gmail.com

*Suitable
for all
fitness
levels!*

*BYO mat,
towel &
water
bottle*

