



# Outdoor Bootcamp

Suitable for all levels!

**Mondays 5:00-5:45pm**

Join Limitless Kinetic Fitness' outdoor group fitness classes, which will range from HIIT/strength/cardio/functional training.

Each session is different from the last, and all equipment will be provided.

Sessions cater to all fitness levels and abilities, and you are encouraged to work at your own level.

These sessions will get your heart rate up in a fun environment.

**Location:** Sunset Park, Nightcliff Foreshore (near The Jetty)

**Cost:** \$5 per session

**Bookings essential!**

**Contact:** Linda - Limitless Kinetic Fitness on 0439 527 875 or [lindakapitulao2@gmail.com](mailto:lindakapitulao2@gmail.com)

BYO water bottle & mat or towel



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