



Ignite Yourself

Tuesdays 5:30-6:15pm

Ignite Yourself is a full-body functional fitness exercise program, suitable for most levels of fitness.

Chat to Dee about your health and fitness goals when booking your spot in the class.

Location: Nightcliff Foreshore, opposite the northern end of Aralia St (between Chapman St carpark and Windsurfers' Corner)

Cost: \$5 per person

Bookings required!

Contact: Dee - Ignite Yourself on 0432 142 661 or dee@igniteyourself.com.au

Enjoy great
Dry Season
evenings
while you
get fit!

BYO mat,
towel &
a water
bottle



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