



WOMENS BOOT CAMP

Contact Tanya Malagas

0414 675 230

CLASSES ARE 40 MINUTES LONG

MONDAY - FRIDAY 9 - 10am

\$15 PER VISIT or 2 for \$28, 3 for \$40

Weekly packages available

- Any fitness level can participate as training is tailored to your requirements.
- Gym facilities available for minimal charge if attending classes.
- It is a child friendly environment with special area for play.
- Please bring a towel and water with you.
- Classes start promptly at 9.10am.

**Kiddies
crèche**



Advanced Martial Arts & Fitness
Unit 9/5 Milford Street East Victoria Park
www.amaf.com.au