



Other gym users please note:
the gym may be full during
these sessions - please give way
to group classes

8 WEEK CIRCUIT CHALLENGE

Mondays - Term 4
6pm - 7pm

November 1, 8, 15, 22, 29
December 6, 13, 20

\$120 members
\$144 non-members

PAUL DUNN, our resident Personal Trainer, will guide you through a series of stations designed to improve overall strength and stamina in this action-filled 60 minute class.

Suitable for all ages and fitness levels.

- Please note:
 1. Payment is required in advance to secure place in class.
 2. Payment is for whole term - no refunds if unable to attend all sessions.



TO REGISTER
Contact & pay Paul Dunn direct:
Email: pdunn@sportstrust.org.nz
Tel: 021 140 5785

