



JAG FITNESS & TRAINING

“Feel The Pain... Remember The Name”

ABN: 62 405 311 403

Banksia Park & Surrounding Suburbs

Check out the website for full details or get in touch with one of JAG’s friendly staff.

GROUP TRAINING IN THE GREAT OUTDOORS- BOOK NOW!!!

CLASSES COMMENCING SATURDAY 24th JANUARY

Phone: 0476 235 251 (James)

Email: jagfitnessandtraining@gmail.com

Web: jagfitnessandtraining.com.au

DAY	TIME	ACTIVITY	DURATION
Saturday	6:15am	A Circuit	60mins
Saturday	7:45am	B Circuit	60mins
Sunday	6:15am	B Circuit	60mins
Sunday	7:45am	A Circuit	60mins
Tuesday	6:15am	C Circuit	60mins
A Circuit- Strength & Toning B Circuit- Cardio Fitness C Circuit- Combination of A & C			

PRICE LIST

Per Class- \$8

5 Pack (BLACK) - \$35 (\$7 Per Class)

10 Pack (GOLD) - \$65 (\$6.50 Per Class)

600ml Water or Banana- \$1 each

Pre Mixed Protein and Shakers available

My name is James and “If it doesn’t challenge you it doesn’t change you”. Give me 4% of your day and I will give you 100% return... Not a bad Investment