

















Step Into Life® Bassendean
 Ashfield Reserve, Guildford Rd, Bassendean 6054
M: 0422 925 398
E: bassendean@stepintolife.com

National Enquiry Line
 1300 134 136
www.stepintolife.com

Monday	 6.00am	 9.00am	 5.00pm	 6.15pm
Tuesday	 6.00am			 6.15pm
Wednesday	 6.00am	 9.00am	 5.00pm	 6.15pm
Thursday			 5.00pm	 6.15pm
Friday	 6.00am	 9.00am		
Saturday	 6.30am	 8.00am		

cardiomax

step into life®

The ultimate outdoor training session for building maximum fitness, burning calories and increasing endurance. This session ensures massive cardio variety using different terrain, intervals, games, boxing, buddy cardio and cross training - catering for the first time exerciser to the super fit and marathon runner.

toneup

step into life®

The ideal outdoor full body strengthening and sculpting session. Using a vast array of tools like the great outdoors, dumbbells, resistance bands, fit balls, your own body weight and more to work all muscle groups and create the ultimate firm body.

boxkick

step into life®

The empowering outdoor cardio and strength session combining boxing, kicking and self defence techniques. Punch, kick and jab your way through a fun and highly motivating session that will calorie burn, build strength and leave you with a healthy sense of achievement - no previous experience required.

coreball

step into life®

The ultimate session to improve your core strength, posture and muscle balance. A fit ball used outdoors and combined with dumbbells and cross training, makes this a fun and exhilarating workout guaranteed to raise a sweat - no previous experience required.

powerflex

step into life®

A dynamic strengthening and stretching session enhancing muscle tone, core strength and flexibility. Inspired by pilates and yoga, this session will tone your body, provide postural strength, injury prevention, flexibility, balance, clear the mind and relieve stress.

endurit

step into life®

Test your limits! An inspiring cross training session using bootcamp style drills to mould you into shape. The outdoors provides the perfect environment to use weighted bars, ropes, medicine balls and buddy drills to maximise fitness improvement, while strengthening and toning your body. Work as a team and leave feeling pumped!

achievit

step into life®

Experience the ultimate group outdoor motivation and reach new targets with our fun run training program. Feel the exhilaration of crossing the finish line with your trainer and fellow members supporting you all the way - you'll be surprised what you can achieve and what fun it can be!