

Exclusive to
Fernwood Woden

Get Results FAST with Power Plate

POWER PLATE®
AUTHORISED
CENTRE

Power Plate is an exciting way to train your entire body to get the results you want fast!
Flexible & affordable Power Plate memberships are
ON SALE NOW.

Contact us today for
your **FREE** trial session
& to find out more.

Fernwood Woden

Call 6281 7199

Cosmopolitan Centre

Ground Floor, Bowes Street

Next to Woden Bus Interchange

fernwoodfitness.com.au



facebook.com/fernwoodfitness

POWER PLATE®
my7

FITNESS
fernwood®

FERNWOOD WODEN

- **Power Plate Programs**
(Power Slim Beginners - Advanced)
- **Les Mills Group Fitness Classes**
- **Zumba**
- **Personal Training**
- **Food Coaching**
(Professional Nutritional Program)
- **Weight Training and Cardio**
- **30 Minute Circuit Classes**
- **Day Spa**
(Incorporating all Beauty Treatments)
- **cell-IQ™** -Laser Weight Loss Technology
- **Complimentary Internet Bar/
Breakfast/Tea& Coffee**
- **Luxurious Change Rooms**
(Complimentary hair dryers, toiletries)
- **Child Minding Service**
- **Casual Visits &
Flexible Memberships Available**

OPENING HOURS

Monday -
Thursday

**5.30am -
8.30pm**

Friday

5.30am - 7pm

Saturday

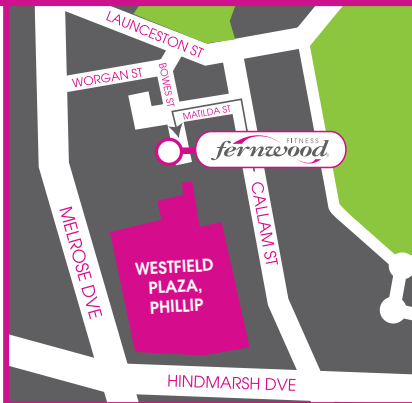
8am - 4pm

Sunday

9am - 3pm

Fernwood Woden Call 6281 7199

**Cosmopolitan Centre, Ground Floor, Bowes Street
Next to Woden Bus Interchange**



HOW TO FIND US

Park at **Westfield Shopping Centre** - Find the exit near NAB, walk across square towards CBA. Enter Arcade to the right of CBA. Take the elevator down to Level 2.

From **Woden Town Centre & Sky Plaza:** Travel on **Callum St** towards Hellenic Club, turn left at Matilda St

(park opposite Hellenic Club). Enter Arcade near Stop 17/bus exchange.

From **Launceston Road:** Turn into Bowes St (park opposite Hellenic Club). Enter Arcade near Stop 17/bus exchange.

FITNESS
fernwood®