



Life On The Run

GROUP OUTDOOR PERSONAL TRAINING

AT LAST, A FUN WAY TO LOSE WEIGHT & GET FIT

Get ready for Summer now by joining our group outdoor personal training classes. You'll make new friendships that encourage & support you to achieve your fitness goals while also improving your:

- ☑ Fitness ☑ Muscle Tone ☑ Strength
- ☑ Weight Loss ☑ Flexibility ☑ Posture

YOU HAVE NO IDEA HOW MUCH THIS WILL CHANGE YOUR LIFE

Get fitter regardless of your age or ability. Increase your vitality and energy in a relaxed, fun environment. Our expert trainers will guide and motivate you all the way.

Sessions are held close by at the Caloundra State High School sports fields on Bower St. With AM & PM sessions there's a time to suit your lifestyle. See our timetable on the back.

Don't just take our word for it. Here's what people like you are saying about Life On The Run:

"It was so refreshing to meet Craig and discover Life On The Run group outdoor personal training. With the different types of sessions and variety of workouts it's easy to stay motivated and interested" – Mara

"I absolutely recommend Life On The Run to anyone looking to achieve their fitness and weight loss goals" - Kim

If you are not in need of our services, please pass this along to someone you know who is.

BOOK YOUR
FREE
TRIAL TODAY!

Call **0414 472 774** or check us out on the web at www.lifeontherun.com.au



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GROUP OUTDOOR PERSONAL TRAINING

TIMETABLE

TIME	6AM	7AM	9AM	ARVO	6PM
MONDAY	BOXFIT	-	BOXFIT	-	TONING
TUESDAY	TONING	-	-	-	CARDIO
WEDNESDAY	CARDIO	-	CARDIO	-	BOXFIT
THURSDAY	PILATES	-	PILATES	-	PILATES
FRIDAY	BOXFIT	-	-	-	-
SATURDAY	-	BEACH CARDIO	-	-	-

ALL SESSIONS ARE **1 HOUR** IN DURATION

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ABN: 31 256 942 511
Fitness Australia Registration: 067 250

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