



third element personal training

**WANT TO START 2014 OFF ON A FUN, POSITIVE,
MOTIVATING PATH TO BETTER HEALTH?**

Come join our Outdoor Group Fitness classes, suitable to all ages and fitness levels. My sessions are full of variety, with strength, core work, boxing, cardio and flexibility/stretching being thrown into each session, along with plenty of challenge, laughs and motivation!

WHEN?

Tuesday 6AM, 9:30AM or 6PM

Thursday 6AM or 6PM

Friday 9:30AM

Saturday 7AM

Sessions are held in Avalon in a park near you!

For more detailed info please contact me

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I look forward to helping you on your
path to better health in 2014