



all sorts

fitness & wellbeing centre

Inspiring & Uniquely Picturesque

Membership with:

- ⇒ No Contracts
- ⇒ No Joining Fee
- ⇒ No Cancellation Fee
- ⇒ Result Guarantee

Inclusions:

- ⇒ Personalized Service
- ⇒ Fitness assessments
- ⇒ Ongoing follow up programs
- ⇒ Group fitness classes
- ⇒ Cycle Classes
- ⇒ Nutrition advice
- ⇒ Crèche



Enjoy all this in our uniquely picturesque surrounds under the guidance of our qualified, industry respected and highly motivating instructors who will inspire you to achieve your goals for an extremely competitive \$59.00 per month fee.

We don't believe in supplements and diets, we focus on sound nutrition and will provide you with the knowledge to help you achieve your fitness and wellbeing goals.

