



adults group classes

overview

Fun, positive, motivating, engaging – group classes are the perfect way to keep you on track with your fitness goals.

No two classes are the same. We like to mix things up, making sure you are always challenged. Our outdoor classes cater for all fitness levels, from those starting their fitness journey to seasoned fanatics.

Our crew are a fun, friendly and positive bunch. We enjoy every class.

Summer Block
10 weeks
29 Jan - 4 April 2019
New Farm Park

tuesday

6 - 7am Bootcamp

thursday

6 - 7am Bootcamp

friday

6 - 7am Yoga

benefits

- Develop strength, endurance, coordination & flexibility
- Improve concentration
- Reduce stress & health risks
- Meet new people

inclusions

- Qualified, registered & experienced trainer
- Cater for all fitness levels
- All equipment provided
- Fun, friendly & positive atmosphere

styles

- Bootcamp - An energising total body workout
- Yoga - A balanced, relaxing flow of stretching & strengthening

pricing

Casual class - \$15
10 classes - \$135
20 classes - \$220
Unlimited classes - \$315

Payment can be made in cash, or Electronic Funds Transfer (EFT) or online via the Busy Beats website. All payments must be made in full, prior to the commencement of the class. Prices are GST inclusive.

EFT payments can be made to:

ANZ BANK

Name: Busy Beats Fitness and Dance

Bsb: 014 690

Account: 4012 64883

(Please write your name in the description)