

Each class on the Forever Strong Fitness timetable runs for 60 minutes.

	Mon	Tue	Wed	Thu	Fri	Sat
6:15am	Morning Mix		Morning Mix		Morning Mix	
6:30am				Fighting Fit		
8:30am		Walk & Talk				Cardio Combo
10:30am	Lift for Life					
6:30pm		Fighting Fit		Cardio Combo		

All classes highlighted in **GREEN** to be held at Ashwood School, Montpellier Road, Ashwood. All of these classes are outdoor classes.

All classes highlighted in **BLUE** to be held at Forever Strong Fitness, Andrew Street, Mount Waverley.



**SIGN UP BY SEP 18
 & RECIEVE A
 10% DISCOUNT**

CLASS DESCRIPTIONS:

Cardio Combo, A cardio program designed to get your heart pumping. Skip, run, hop, jump and walk your way to improved fitness and endurance and boost strength with push ups, lunges, pull ups and squats.

Fighting Fit, a boxing inspired circuit, using hand pads and gloves with punch and kick combinations. This class is a rapid calorie burner that delivers fast improvements in endurance, strength and hand/eye coordination.

Morning Mix, our take on circuit training, with strength training and cardiovascular combinations. This class will increase your heart-rate, strengthen muscles and burn fat. A full body workout designed to get you in shape.

Walk & Talk, our 'free' heart foundation walking group. A one hour walk and talk in the great outdoors.

Lift for Life, our strength training circuit class for active ageing. Suitable for adults aged 50 plus. This class will improve your strength, balance, fitness and flexibility.

Term 4 prices per person are as follows:

1 class per week = \$220
2 classes per week = \$396
3 + classes per week = \$528