

winter is here, FREE!

come in out of the cold!
don't risk your life in the dark!

10 day free money back Guarantee!

Join core health club in June and we will give you winter free! You will save \$198 plus get 3 months free or just pay as you go, stop when you want! With over 50 of the best group training sessions seven days every week you can keep in shape, lose weight, get fit and improve your self in safety, in comfort under the expert instruction of a BODYCORE trainer.

	time	mon	tue	wed	thur	fri	sat	sun	power/strength	flexibility	low impact
studio 1	6.10			powerbar					power bar results circuitfit	stretch/strength yoga pilates	aqua lite pace pilates powerbar cycle ball yoga tht
	8.10						powerbar	stretch / strength			
	9.10	powerbar	ball	powerbar	litepace	results	step	powerbar			
	10.20	litepace	powerbar / step	tri	powerbar	yoga	pilates				
	11.30	yoga	pilates	dancefit	pilates				relaxation	rehabilitation	general fitness
	4.10		kidsfit				kidsfit		yoga stretch/strength	aqua pilates ball	litepace hi-lo step dancefit cycle aqua circuitfit
	5.30	circuitfit	hi-lo	step	results	6.00 dancefit					
	6.30	powerbar	tht	powerbar	ball						
7.30	pilates	yoga	pilates	powerbar				core balance	aerobic	coordination	
studio 2	6.10	cycle	cycle/box		cycle				pilates yoga ball tht stretch/strength	cycle box hi-lo step circuitfit	dance step hi-lo box
	9.20	cycle	cycle/box	cycle	cycle/box	cycle	cycle/box	cycle			
	6.00		cycle		cycle/box						
	7.00	cycle/box		cycle							
pool	10.40	aqua		aqua		aqua	aqua		select your group training by the results you want – ask a BODYCORE trainer for help...		
	6.30	aqua									

core strength training gym - pin loaded & olympic free weights

cardio tv studio, treadmills, bikes, rowers & xtrainers

heated pool, spa, sauna, steam

1 FREE childcare session each week

children & adults learn-to-swim & kidz fitness classes

core HEALTH CLUB
fitness inside out

Call the Fitness Hotline today for details

9781 5533

313 Nepean Highway Frankston
* Conditions Apply

week to week
pay as you go,
stop when you want!

wecanhelpyou@corehealth.com.au

adult, seniors, junior, student, couple & family plans available save \$\$\$