

Box 4 Fitness



\$10.00 Per Session

OR

\$80.00 H2O Fitness Pass*

*10 Visit Pass allows access to the following:

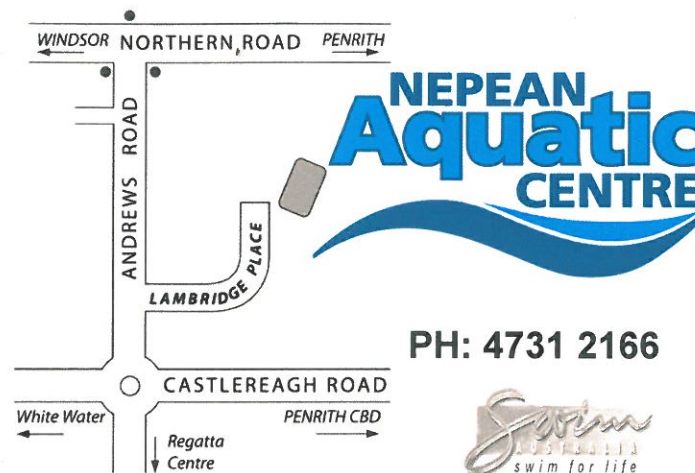
- Box 4 Fitness classes
- Adult Swim 4 Fitness classes
- Aquarobics classes

Timetable is as follows:

| MON | TUES | WED | THUR | FRI | SAT |
|----------------------|------|-------------|------|-----|----------------------|
| 5.30 - 6.30 pm | | 8 - 9 pm | | | 8.30 - 9.30 am |



**Get Fit
Today!**



The class duration is 1 hour and contains:

- Warming up all the muscles
- Conditioning for the body and working the cardiovascular system
- Toning of all abdominal areas
- Cooling and stretching the body

This class will give participants the ability to:

- Use correct technique when executing the basic punches
- Use the correct way of holding the focus pads
- Use the correct technique for kicking

All equipment needed is supplied, however, participants can bring their own gloves to use. Inners must be used in this class and can be bought from home or purchased at reception for \$2.00.



www.nepeanswimandfitness.com.au