

Build Strength, Keep Fit and Stay Active!

Keen to build muscle strength but not sure how to begin? Come try our gym exercise programmes or fitness classes!

- ✓ Small class size
- ✓ Safe and gentle on muscles and joints
- ✓ Guided by a qualified and friendly trainer
- ✓ Suitable for those new to strength training
- ✓ Exercises can be modified for those recovering from injuries or have medical conditions
- ✓ Affordable fees from \$15 per session

Contact us for more information

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