

Waikanae Core

Functional Core Training Sessions
Waikanae Park
Starting 19th October

Fighting
fit &
Healthy

Are you ready to get into shape for summer?

Would you like to have:

- A stronger inner core
- Tighter abs
- A firmer butt
- Stronger more toned legs
- A more toned upper torso
- Toned arms

Z d l n d q d h # F r u h has been hugely popular over the last 4 summers.

Come down to Waikanae Park and meet experienced personal trainer, Clay Mosen, and find out why.

Enjoy the splendor of Waikanae Park in a friendly relaxed atmosphere and get in shape this summer.

These sessions are suitable for novices to experienced exercisers.

This 9-week course is at 6pm every Monday from 19th October until 14th December.

Your investment in the 9-week course is only \$90.00.
Students \$45



For more information, contact Clay
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