

ABSolute

Health & Fitness

Your Gym!



SCHOOL HOLIDAY ENTERTAINMENT!!

Youth Squad

Sessions are designed to improve exercise fundamentals and fitness for sport

Areas of Focus

- Running & agility
- Boxing for fitness
- Core & balance
- Circuits
- Fitness games & drills

Details

- 11- 13 years
- 45min sessions
- Limit 10 per session
- \$8 per session or \$15 p/w
- Mon 10:30am, Wed 3pm

Block 1 : Dec 9th - 20th

Block 2 Jan 6th - 24th

Booking essential
Book online or at reception

250 King Edward st

03 455 0665

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www.absfit.co.nz