

Don't drop the ball on your fitness this year!

A great way to lose weight and get fit & healthy!

Finding time to train can be one of the hardest things. AR1 now has the solution for you. In conjunction with **Auskick** Watsonia North, we are about to commence Group Training Sessions every Saturday at Binnak Park whilst the kids are out playing footy! It's time for you to kick some of your own 'health goals' this year!

Q: What's involved in Group Training?

A: We constantly mix it up to keep you challenged and interested. We do boxing, cardio, strength training and games.

Q: Do I have to be fit to join Group Training?

A: No, absolutely not. Group Training is designed for all levels of fitness.

Q: Can I bring my other children along if they're not doing Auskick?

A: Yes absolutely. As we'll be located in the top car-park, the kids can play in the playground with the other children whilst you get a workout!

Q: Where can I find more info?

A: www.ar1.com.au/group.html

What exactly do you receive?

16 weeks of Training. Sessions run on:

- Saturday Morning 9:15am – 10:15am

2 Fitness Evaluation Reports

3 Measurement Reports

Only \$10 per week! (20% goes back to the club!)

Cost \$160 upfront or pay \$15 per session.

For that price, can you afford not to try it?

PLACES ARE LIMITED!

Call Amanda 0408 618 274 to book your spot!



AR1 Fitness Training
Don't wait for it to happen - MAKE IT HAPPEN!

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