

FIGHTING FIT

AUSTRALIA

Ladies Only

Would you like to exercise in a Ladies Only Focus Group?

All sessions at Fighting Fit are suitable for **Ladies**, however we realize that sometimes you might prefer to exercise exclusively in the company of other **Ladies**. With that in mind we have put aside a '**Man-Free Hour**' just for you and your friends.

Our Ladies Fitness classes are designed to get you the results you desire with a real focus on variety to keep you motivated and interested.

We specifically target problem areas that many Ladies experience.

Classes are designed for:

- ✓ Fat Burning
- ✓ Cardio and Core Strength
- ✓ Lose Weight,
- ✓ Look Good, Feel Great

Classes* Mon and Fri 9:00am
Tues and Thurs 6:00am

1-on-1 training is also available.

Get a few friends together and run your own Ladies Only Boxing, Pilates or Kickboxing Courses.

**Session timings may change, check updated Training Schedule for any changes.*

Ladies do you want to:

- ✓ Tone Up
- ✓ Lose Weight
- ✓ Feel Fantastic

Then these classes are for you!!!



***Fighting Fit level 1 / 491 Ruthven Street Toowoomba Q 4350
07-4639 5077 or info@fightingfit.net.au***