

FITLAB

STRENGTH & CONDITIONING

IF YOU WANT TO BE IN THE BEST SHAPE OF YOUR LIFE, **FITLAB IS FOR YOU!**
 WORK OUT IN A FUN, FRIENDLY ENVIRONMENT SUITABLE FOR ALL FITNESS LEVELS

TIMETABLE – (ALL CLASSES ARE 60 MINUTES)

MONDAY 6AM	TUESDAY 6AM	WEDNESDAY 6AM	THURSDAY 6AM	FRIDAY 6AM	SATURDAY 7AM & 8AM
STRENGTH	CONDITIONING	STRENGTH	CONDITIONING	STRENGTH & UPPER BODY CIRCUIT	CONDITIONING
MONDAY 6PM		WEDNESDAY 6PM		FRIDAY 530PM	
STRENGTH		STRENGTH		STRENGTH & UPPER BODY CIRCUIT	

PRICES

CASUAL SESSION	\$30	10 VISIT PASS	\$250
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OR JOIN FITLAB ON A MONTHLY BASIS AND CHOOSE THE OPTION THAT SUITS YOU
NO SIGN UP OR CANCELLATION FEES

OPTION 1	2 SESSIONS A WEEK	\$175
OPTION 2	3 SESSIONS A WEEK	\$230
OPTION 3	4 SESSIONS A WEEK	\$260
OPTION 4	UP TO 6 SESSIONS PER WEEK	\$325

CLASS DESCRIPTION

FITLAB STRENGTH SESSION

A FitLab strength session targets the whole body incorporating compound movements such as the squat, deadlift, bench press and much more. These sessions are recommended for anyone looking to improve their body composition, strength, flexibility and to generally build the foundations of a good strong body.

FITLAB CONDITIONING SESSION

A FitLab conditioning session could incorporate a circuit, metcon, interval session, or provide a combination of all three. The conditioning sessions are generally fast tempo, and are recommended for anyone looking to challenge themselves, improve all aspects of fitness and to absolutely blast that fat!

FOR MORE INFORMATION OR TO JOIN A FITLAB SESSION CALL 0403 198430
WWW.FITLABFIT.COM.AU