

GLOWING RESULTS

- Group Fitness Classes
- Personal Training
 - Certificate III in Fitness
 - Certificate IV in Fitness
- Massage Therapy
 - Certificate IV in Massage
- Nutritional Counsellor
- AAMT Member
- Fitness Australia Member



Linda Mancino

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15 classes
per week
to choose
from!

THE
ORIGINAL

LAURIMAR BOOT CAMP

- Term 3 re-starts 12th July - 17th Sept 2010

Morning Classes

- Tue, Thu mornings 6:00am - 7:00am*
- Mon, Wed, Fri mornings 6:00am - 7:00am
- Held at Laurimar Basketball Gymnasium
- Full fitness assesment prior to commencement

*Sat mornings
6:45am - 7:45am

- 3 Sessions per week for 10 weeks

Night Classes

- Mon, Wed, Fri Night 6:30pm - 7:30pm
- Mon, Wed, Fri Nights 7:30pm - 8:30pm
- Male / Female Personal Trainers
- Flexible times, make up sessions welcome

Boxing Classes

- Thursday Nights 7:30pm - 8:30pm at Laurimar Primary School
- Caters for all fitness levels, all welcome, turn up and pay on the night.

\$11
Per Class

Mid Morning Boot Camp

- Wednesday Mornings 10:00 - 11:00am
- Friday Mornings 9:30 - 10:30am.

\$11
Per Class



Linda has been running her Boot Camps/Fitness Classes for over 2 years, come and experience the buzz.