

GET FIT AND HAVE FUN!!

TAS Sports Centre Circuit Classes

Chris Doherty

Registered Gym Instructor

CLASS TIMES:

Monday 6.15pm

Tuesday 5.15pm

Thursday 5.15pm

Saturday 4.15pm

WHERE:

TAS Sports Centre

CONTACT:

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**First
Session
FREE!**

\$12 per class

No CONTRACTS

BUY 10 AND GET 1 FREE!!

- *build core strength*
- *increase flexibility*
- *control weight*
- *improve posture*
- *have fun!*

www.as.edu.au



TAS
SPORTS
CENTRE