

BOONAH HEALTH HUB

7 Highbury Street, Boonah 4310



Boonah Massage



ActiveBody Conditioning

GYM & PERSONAL TRAINING

Fit UP Fitness provides **24 Hour access** for members. There's a huge **variety of classes** for **all levels of fitness** at a range of times to suit you – early mornings, evenings and after school morning drop off. Plus there's a **kids room** with a TV and toys for your little ones. If you can't get to a class, no worries, there's regularly updated **workout suggestions** on the board for you to choose from!

The **Fit Up Team** pride ourselves on creating a **friendly** and **inclusive** environment to support you whether you are just starting on your fitness journey or if you have more specific training goals in mind.

Once you've finished that workout, why not grab a **delicious** and **healthy smoothie** or **meal** at **Fit Up Foods**?

MEMBERSHIP OPTIONS

12 MONTH Minimum Term	12 MONTH Paid in Full	24/7 FLEXIBLE No fixed Term	10 PASS VISIT Use within 6 months
\$22.49 per week	\$1109	\$24.49 per week	\$110

* Other membership options available – just ask at Reception

Starter Activation Fee

A one-time \$79 activation fee applies to all memberships (excl 10 Pass visit).

This includes:

- Induction with one of our friendly trainers to familiarise yourself with the gym, equipment & develop a starter program for you
- Personal swipe tag so you can access the gym day or night
- Fit Up sports bag & Water bottle

Contact:

54 632 737

www.fitupfitness.com.au

Find us on:



GET FIT YOUTH ALERT

BOXABIKE FOR TEENS & KIDS WITH LISA

*9 - 16 YEARS OF AGE- HEIGHT 140CM

*BOXABIKE.....FUN, SKILL FULL & EXCITING

BOOKINGS ESSENTIAL
11 SPACES AVAILABLE

BoxaBIKE is a high-energy, pre-choreographed group fitness class to music that fuses boxing and stationary cycling, simultaneously. Combining upper and lower body conditioning, it is the ultimate low impact, cardio and resistance style class in one.

STARTS: TERM 2

23RD APRIL - 18TH JUNE

MONDAYS 3:45PM

\$60.00 PER CHILD FOR THE TERM

public holidays not included