



active & healthy GC

The Gold Coast City Council Presents

FOXYBOXING

Social Fun For **Females Only**

This fantastic all over body workout is for **WOMEN** of all ages and guarantees to **PACK A PUNCH!**

This unique class caters to all fitness levels and combines boxing, body weight strength exercises and super fun cardio circuits. A 3 pack punch that **guarantees** to make you leaner, stronger and fitter than any other program! Get ready to look hot this summer!!

Sculpt your sexiest body ever or your money back!!

3 Unbeatable sessions every week

TRIM TONED TUESDAY

4pm to 5pm
Bischoff Pioneer Park
Nerang St, Nerang
COST - FREE

TIGHT TUMMY THURSDAY

4.45pm to 5.45pm
Robina Common
Ron Penhaligon Way, Robina
COST - \$3

SEXY SEXY SATURDAYS

7am to 8am
Sir Bruce Small Park
Ashmore Rd, Benowa
COST - \$3

REQUIREMENTS

You need to be female and over the age of 12. We recommend you bring a bottle of water and a towel.

Call Levi on 0412 798 316

Want to lose weight for Summer?

Visit the website and join in the Gold Coast's Biggest Weight Loss Trial Ever
www.fitkidsaustralia.com

get UP, get OUT & get ACTIVE