

fitness



For You

Fitstop is a functional fitness programme that blends strength, endurance and metabolic conditioning together. The high intensity programme in a group environment ensures that the workout session is based on your fitness level and progress according to your ability. The peer motivation to achieve your fitness goals is unparalleled. Come experience the Fitstop formula with the trial sessions!

Fitstop

Instructor: Brandon and his Fitstop Team

Time: Friday, 10:00am to 11:00am

Price: 3 trial sessions | \$130.80 w/GST
10 sessions | \$381.50 w/GST
20 sessions | \$654.00 w/GST

Venue: Aerobics Room

Trial Sessions

Available!



Suitable for all fitness levels

This class requires a minimum number of participants to commence.