

Active

ARMADALE
FITNESS AND
AQUATIC CENTRE

CITY OF Armadale

IN THE
JUNGLE
FITNESS
FIESTA



FRIDAY 18 & SATURDAY 19 SEPTEMBER

BRING A FRIEND FOR FREE!

Active

ARMADALE
FITNESS AND
AQUATIC CENTRE

CITY OF Armadale

IN THE JUNGLE FITNESS FIESTA

FRIDAY 18 SEPTEMBER

6:30pm

DANCE PARTY!

90 mins

SATURDAY 19 SEPTEMBER

8:15am

RPM (Cycle Studio)

45 mins

8:15am

BODY PUMP VS BODY PUMP HEAVY

45 mins

9:10am

BODY STEP

30 mins

9:50am

STRENGTH DEVELOPMENT

20 mins

10:20am

BODY COMBAT

30 mins

10:55am

SHAPES

30 mins

11:30am

BODY BALANCE

30 mins