

**BRAND NEW  
BEGINNER  
ONLY INTAKE  
29TH OF JULY**



# TAKE YOUR FIRST STEP

**BEGINNERS ONLY FITNESS BOOT  
CAMP FOR THOSE WHO ARE  
LOOKING TO:**

- Regain That Natural Spark, Boost Their Energy Levels and Overall Well-being
- Create A Lean and Toned Physique
- Feel Fit, Strong and Healthy



	Mon	Tue	Wed	Thurs	Fri	Sat
Morning						
5:30am						
6:00am						
8:00am						
Afternoon						
6:30pm						
Cranbourne Indoor Sports Centre	14 Smethurst Street, Cranbourne					
Cranbourne West Primary School	110 Duff Street, Cranbourne (School Gym)					
Cranbourne Park Primary School	Tucker Street, Cranbourne (School Gym)					
Heritage park	129-147 Selandra Rise Blvd, Clyde North					

Call Tim on 0403941014 to learn more or go to [www.4ubodyfitness.com.au/your-first-step](http://www.4ubodyfitness.com.au/your-first-step)