

POWER HOUR!

Is Back Due to popular demand!
New Location, More Variety.

Power Hour is back due to popular demand. Come down and join our group fitness program for only \$12 per session, it's a great way to get fit.

Power Hour includes: boxing, resistance, cardiovascular and the latest plyometric training to give you a total body workout. You won't find a program like this any where as no two sessions are alike.



Power Hour is for all ages, shapes and sizes and it's never too late to start. So don't waste any more time come along to our next session.

Benefits include; Fat loss, body shaping, fitness, strength and core stability.



When
Thursday's 6pm – 7pm

Where
South Cronulla Beach (Meet in Carpark)

What to Bring
Towel , water & boxing gloves.
(Glove Hire available for a small fee of \$3.00)

Price
\$12 per session per person

Special Offer
Take advantage of our 2 for 1 special, bring a friend and save!

If it's results you are seeking look no further Power Hour is for you!

Further Information
Please visit www.kinnetic.com.au
or call Mat Kinnear on 0416 748 548.



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