

KELLY FITNESS *FOR ADULTS!!*

6 Week 'Get Fit' Program!

When: Tuesdays and Thursdays

Time: 6:15pm – 7:15pm

Where: Potters Park (Cnr Dominion Rd & Balmoral Rd)

Cost: Full 6 Weeks (12 sessions) - \$100 or
| 6 sessions - \$55 | 3 sessions - \$30 | \$15 per session |



**Kelly Sports
Auckland Central**

Kelly Sports Auckland Central

introduces our new program

KELLY FITNESS

for Adults and senior students

6 Week program focused on improving general fitness, flexibility and strength to improve your wellbeing, and health! Kelly Fitness is open to all fitness levels and is based around you reaching your own goals. A qualified Kelly Fitness instructor will facilitate and support you to start 2012 in a healthy way.

Contact Daniel for more information!

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Like us on Facebook for discounts and specials



**Kelly Sports
Auckland Central**