

COME & TRY T.REX SESSION

Wednesday Mornings 10.15am

with Paul Pearce 9th & 16th December 2009

Book now in gym office (one FREE session per person)

- ✓ Suitable for all ages & abilities
- ✓ High intensity-zero impact
- ✓ Time efficient-fast results
- ✓ High tech fat burning workout

T.REX WORKOUT

T -total

R -resistance

E -extreme

X -exercise

STARplex Fitness Centre Ph: (08) 8522 0622

Book with a Lifestyle Consultant today



TEKS

High-Speed Isokinetics

