

Get Active Palmerston

9 AUGUST - 21 NOVEMBER 2021

High Intensity Training

Activity Name	Description	Business Name & Contact
CrossFit	CrossFit: Constantly varied functional movements scale to suit individual experience and levels.	CrossFit Palmerston To book, please email: crossfit.palmerston@gmail.com Please arrive at least 10 minutes prior to the class.
Cardio Blast	A 45-minute aerobic workout designed to boost your metabolism and have you burning calories for hours after the workout.	Tammy's Fitness Training 0409 445 425 Facebook: https://www.facebook.com/tammysfitnesstraining Instagram: @tammys_fitness_training
Boxing Tababta	Increase confidence, strength, power, endurance, and speed. Trains upper, lower body and builds core strength, accommodating for all fitness levels.	Territory Fitness Group Please text Jacinta 0437291955 or email territoryfitnessgroup@yahoo.com
High Intensity Interval Training	45-minute-high intensity interval training for cardio, resistance, or hybrid.	F45 Palmerston To book, please email palmerston@f45training.com.au Or text 0433 961 580
Fit Mums	FIT MUMS is designed for all mums with one or more children and there are no age restrictions. The class is held in a spacious indoor gym and involves strength including boxing, skipping, jogging, and working with resistance	Next Level Gym 8932 9476 or email admin@nextlevelgym.com.au @nextlevelgym Facebook @nextlevel_gym Instagram
Kettlebell	Kettlebell is a different way to build strength and stamina, whilst also building endurance.	Swell Palmerston (Belgravia Leisure) 8932 3474 swellpalmerston@belgravialeisure.com.au
Boxing	Boxing is a whole-body fitness workout that includes boxing style stations and techniques. Boxing is a great workout with many benefits that include, weight loss, strength and power, muscular endurance, improve core stability, cardiovascular fitness, and stress relief.	DJ's Peak Fitness To book, please email domjam89@hotmail.com or text 0420531004