

# FITLAB

## STRENGTH & CONDITIONING

IF YOU WANT TO BE IN THE BEST SHAPE OF YOUR LIFE, **FITLAB IS FOR YOU!**  
 WORK OUT IN A FUN, FRIENDLY ENVIRONMENT SUITABLE FOR ALL FITNESS LEVELS

### TIMETABLE - (ALL CLASSES ARE 60 MINUTES)

MONDAY 6AM	TUESDAY 6AM	WEDNESDAY 6AM	THURSDAY 6AM	FRIDAY 6AM	SATURDAY 7AM
STRENGTH	CONDITIONING	STRENGTH	CONDITIONING	STRENGTH	CONDITIONING
MONDAY 7AM		WEDNESDAY 7AM			
STRENGTH		STRENGTH			

### PRICES

CASUAL SESSION	<b>\$30</b>	10 VISIT PASS	<b>\$250</b>
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OR JOIN FITLAB ON A MONTHLY BASIS AND CHOOSE THE OPTION THAT SUITS YOU  
**NO SIGN UP OR CANCELLATION FEES**

2 SESSIONS A WEEK	<b>\$175</b>
3 SESSIONS A WEEK	<b>\$230</b>
4 SESSIONS A WEEK	<b>\$260</b>
UP TO 6 SESSIONS PER WEEK	<b>\$325</b>

### CLASS DESCRIPTION

#### FITLAB STRENGTH SESSION

A FitLab strength session targets the whole body incorporating compound movements such as the squat, deadlift, bench press and much more. These sessions are recommended for anyone looking to improve their body composition, strength, flexibility and to generally build the foundations of a good strong body.

#### FITLAB CONDITIONING SESSION

A FitLab conditioning session could incorporate a circuit, metcon, interval session, or provide a combination of all three. The conditioning sessions are generally fast tempo, and are recommended for anyone looking to challenge themselves, improve all aspects of fitness and to absolutely blast that fat!

FOR MORE INFORMATION OR TO JOIN A FITLAB SESSION **CALL 0403 198430**  
**WWW.FITLABFIT.COM.AU**