



THE FITNESS EDGE

YOUR HEALTH FITNESS & AQUATIC CENTRE

MAY BIRTHDAY PROMOTIONS

16 DAYS FOR \$16



To celebrate The Fitness Edge turning 16, we're offering **\$16 for 16 days** to check out all we have to offer! This is a chance to try our great range of cardio facilities, two weight training studios, our group fitness and cycle studios and our heated swimming pool. You can view all the other facilities The Fitness Edge and the Club has to offer.

To take up this great offer just drop into The Fitness Edge at any time during May.

But that's not all - if you join The Fitness Edge on a 12-month term membership or on our fortnightly debit option before the end of your 16-day trial we will waive the joining fee - that's a \$50 saving straight up!

Personal training packages are also available at great prices.



Feel free to contact us on **9808 7633**.

Terms and conditions apply.

HAPPY 16th BIRTHDAY!

Come and celebrate the 16th anniversary of



We would like to invite you to celebrate with us and thank you for all your support in making our centre such a success.

Best wishes from all staff and management.

Join or rejoin at The Fitness Edge during our Birthday Week or simply attend three group fitness classes or more to enter our draw for a chance to win:

- A three-month gym membership
- Dinner for two at The Golden Hawk Chinese Restaurant
- A one-hour massage at Magic Hands Massage

RECEIVE A FREE MONTH MEMBERSHIP

Throughout May, when you join up a 'buddy' for 12 months or on a direct debit option they will receive a one-month extension on their membership. Plus you will receive a FREE month on your own membership plan.

Conditions Apply. See Fitness Edge reception for details.



FRESH FRUIT EVERY MORNING FOR BREAKFAST





“SUPER SATURDAY” GROUP FITNESS CLASSES ON 31st MAY

With **FREE** back to back classes on offer all day!
PLUS all gym facilities are **FREE** for that day.



FREE AQUA AEROBICS CLASSES

Thursdays in May

Aqua Mix 9.00am

Aqua Power 6.50pm



CARDIO EQUIPMENT DEMONSTRATION

A great way for beginners to see how to use our cardio equipment.

In May, Mondays 2pm, Wednesdays 7pm and Saturdays 4pm



ADRENALINE HQ SUPPLEMENTS
IN HOUSE, 6-8PM,
26TH - 30TH MAY



\$5 OFF ONE HOUR MASSAGES FOR THE WEEK -MAGIC HANDS MASSAGE

