

SNOWFIT

Ski & Snowboard Fitness Classes

Going to the snow?
Get snowfit now!



Make the most of every run, every day

Cut down leg soreness

Ski better, faster & safer

6, 8 & 12 session passes available

CLASS TIMES & INFO

9280 2322

central physio and performance fitness

Improving health Building performance Changing lives



www.centralperformance.com.au



Nothing like your
usual exercise class!

SNOWFIT

Ski & Snowboard Fitness Classes

Specifically designed for skiers & boarders
Get more snow time with less fatigue & soreness.
Build stamina, core strength, speed & power.

Start your fun early

These one-hour classes are great fun as well as
the perfect way to prepare for your trip.

Grab your friends for some great pre-trip sessions!

6, 8 & 12 session passes available
Sessions from just \$25

CALL 9280 2322

FOR SESSION TIMES & INFO

central physio and performance fitness

Improving health Building performance Changing lives



www.centralperformance.com.au