

Lads & Dads

8 Week

BOOTCAMP



An opportunity for Fathers and Sons to train together through a combination of weight and aerobic fitness training under the instruction of the St Pius X PE Staff.

- Where:** St Pius X Sarto Gym
(Corner of Anderson Street and Wattle Lane, Chatswood)
- When:** Tuesday Mornings during Term 4
(Commencing on Tuesday 18th October – Week 2)
- Time:** 7:30am - 8:15am
(Arrive at 7:15am)
- What to Bring:** Comfortable Training Clothes, Drink Bottle and Towel
- Interested?** Places are limited, please contact Mr Lynch to register your interest – jlynch@stpiusx.nsw.edu.au

