

**SUPPORTING
YOU
WHILE
THEY
SUPPORT
US.**



PRIORITISE YOUR HEALTH

Exercise helps to support the mental and physical demands of military lifestyle by increasing overall health & wellbeing.

CENTRAL LOCATION

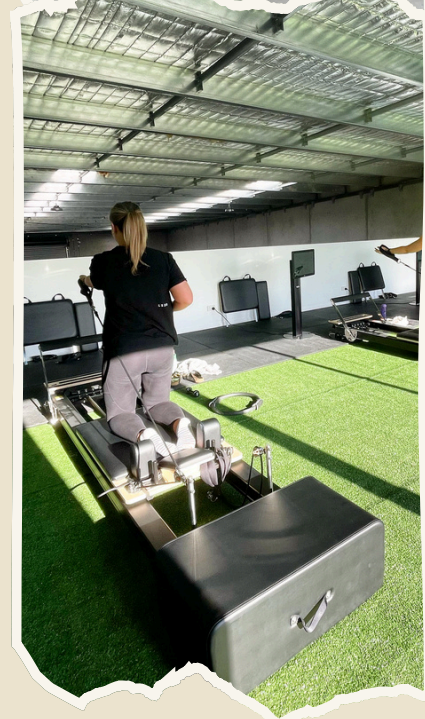
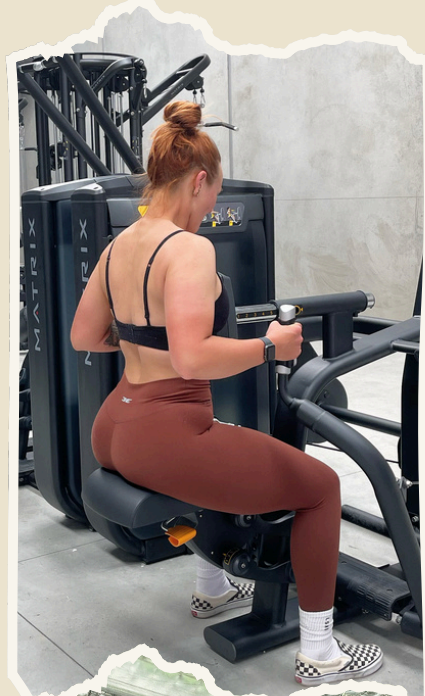
Griff-fit is located in the heart of Seymour, where you are close to the major super markets & not too far from base.

DISCOUNT FOR ADF & FAMILIES

Here at Griff-fit you will pay \$17.95 a week instead of \$21.95 to use our 24/7 gym.

THIS IS FOR YOU!

Contact Alex to find out more
0437566959



**STRENGTH
COMES
FROM THOSE
YOU LOVE**