Training with Teens FUNCTIONAL - FUN - FITNESS

Circuits

4.00pm Tuesday Boys Only 4.00pm Thursday Girls Only

Program Supervision

4.00pm Monday, Wednesday, Friday

Move better, lift correctly and increase confidence under the supervision of HILAC's personal trainers. For age 12-16 years, \$11.90 per session.

83-93 Shakespeare Street Hamilton VIC 3300 (03) 5551 4300

HILAC.COM.AU

