

# Find walking on the treadmill boring?

**WELL SO DO WE!!**

What are the 2 biggest excuses for not exercising?

1. "It's boring"
2. "I've got no time"

Well, get off that treadmill (which will do nothing to help you change your body shape by the way) and try our new class!



## Old School Strength & Conditioning

Old school? Yep - That means no electronic gadgets, no vibration machines, no ab rollers or thigh masters. We mean good old fashioned hard work and sweat. Forget "Arms Day" or "Legs Day" or "Achilles Tendon Day" - OSSC is all about FUNCTIONAL MOVEMENTS AND STRENGTH. Develop true core stability and balance, agility, power, muscular definition, burn fat like a maniac with improved metabolism and actually have fun doing it!

### So what's involved?

No 2 workouts are ever the same. There's medicine ball throwing, keg lifting, rope battling, kettle bell swinging, slesh pipes, tyre bashing, pushups, chin ups, sprints. This type of training is known as Metabolic Training and for good reason.

When: Monday & Thursday 5.30am-6.30am (what else would you be doing at 5.30 in the morning other than sleeping, so you can't say you're too busy!!)

How much: \$17 single session or see our website or gym noticeboard for membership pricing options (these classes are part of our circuit price structure).

Where: At the gym. Cnr Brisbane Road & Pine Ridge Road, Labrador

No need to book - Just turn up with your towel, water bottle and comfy gym gear. Speak to Stephen for more info  
0433 149 033

