

OUTDOOR

Outdoor Group Exercise

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Don't lose sight
of the **bigger picture...**



Outdoor X

Offers personal training upon request

1 HR-\$90 Per session

or

\$80 Per session for 2 or more sessions per week

Specialising in:

Strength and conditioning

Weight loss

Sports Specific training

Rehabilitation

Fitness Endurance

Entry test training & programming for Defence,
Police, Customs, Fire Brigade.

For more information send us an email at
info@outdoorx.com.au

