

RT - Fitness

'Train for Fitness, Performance, and Life'



- An outdoor training experience for all ages and abilities
- RT – Fitness offers high intensity circuit/interval training focussing on strength, fitness and a healthy way of life

Days/times:

Monday – 6:00am

Wednesday – 9:15am

Friday – 6:00am

Sunday – 7:30am

Contact:

Rachel Limburg: 0457 119 131 or

Tony Marsh: 0422 821 502

Email: rfitness8@gmail.com

Locations:

- Macleays Park, Balwyn
- Coopers Reserve -
Green St, Burwood