

Group Signup

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Thursday, 10 December 2009 08:48 - Last Updated Monday, 28 December 2009 21:53

Group Training Signup Sheet

Register today for a fun and rewarding group training session or personal training sessions on the northern beaches. Work all your major muscle groups, improving your strength, flexibility and fitness.

Name :

Email :

Mobile :

Phone :

Please list a few suburbs/areas that you are willing to travel to for group training:

Preferred Training session times :

Weekday mornings before 9am

Weekdays after 5pm

Weekends

Comments :