



THE ULTIMATE FUNCTIONAL FITNESS PROGRAM

INCLUDES:

- ✓ Unlimited access to AFX sessions
- ✓ Body Transformation Challenges
- ✓ Access to our exclusive AFX Facebook group
- ✓ Regular progress reviews to help you stay on track

ACHIEVE LIFE CHANGING RESULTS

DYNAMIC AND TIME EFFICIENT SESSIONS

INSPIRING AND MOTIVATIONAL COACHES

WE GUARANTEE YOU'LL LOVE AFX!

AFX is the ultimate, results-driven, 45 minute functional fitness program brought to you by Advance Fitness. Based on HIIT, cardio and strength-based training principles, this team based, motivation packed training program will get you the results you want, FAST! We guarantee you'll love AFX!

GET UNLIMITED ACCESS TO AS MANY OF OUR AFX SESSIONS AS YOU LIKE WITH YOUR AFX MEMBERSHIP!

AFX TIMETABLE (INCLUDED IN AFX MEMBERSHIP)

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		IGNITE*		SYNERGY*		FORCE*		
6:00 PM		IGNITE*		SYNERGY*	FORCE*			

**Premium service - additional fees apply*



Force is based on proven functional training methods using a range of equipment for the ultimate full body workout. Increase your strength while pushing yourself to the limit through circuits and drills that include power bag, kettlebell, resistance band, and sled exercises.



Ignite your cardiovascular fitness and tone your core with dynamic and action-packed workouts. Ignite classes include bodyweight, HIIT and boxing workouts with an ab burning finisher! Feel energised while burning calories, increasing your stamina, and improving your core strength.



Synergy is the motivating team-based workout, helping you increase your fitness through a variety of goal orientated challenges. Achieve success with the support and encouragement from your coach and teammates.

www.advancefitness.com.au

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