

Get Active Palmerston

9 AUGUST - 21 NOVEMBER 2021

High Intensity Training

Activity Name	Description	Business Name & Contact
CrossFit	<p>CrossFit: Constantly varied functional movements scale to suit individual experience and levels.</p> <p>Please arrive at least 10 minutes prior to the class.</p>	<p>CrossFit Palmerston</p> <p>To book, please email: crossfit.palmerston@gmail.com</p>
Strength and Conditioning	<p>A 45-minute session designed to target strength building and muscular endurance using weights, bodyweight resistance and plyometric exercises.</p>	<p>Tammy's Fitness Training</p> <p>0409 445 425</p> <p>Facebook: https://www.facebook.com/tammysfitnesstraining</p> <p>Instagram: @tammys_fitness_training</p>
Boxing Tababta	<p>Increase confidence, strength, power, endurance, and speed. Trains upper, lower body and builds core strength, accommodating for all fitness levels.</p>	<p>Territory Fitness Group</p> <p>Please text Jacinta 0437291955 or email territoryfitnessgroup@yahoo.com</p>