



TexFit

more than just a workout



www.texfit.com.au



BOOTCAMP SPECIAL

3 WEEKS BOOTCAMP

FOR JUST
\$37

LOCATION: PEMULWUY & OLQP PRIMARY SCHOOL

Call 0411 627 113 to enquire today

TexFit is a refreshing fitness brand based in the lush surroundings of Pemulwuy and Greystanes and conducts classes at OLQP Primary School on Old Prospect Rd.

With classes structured to provide individual results there are a variety of options for people from all walks of life and all fitness levels.

Owner and Trainer Dale (Tex) Walker has been training all his life, whether it be individual or team sports along with his fitness training. He has been a qualified Personal Trainer since 2006 and continues to research the industry through his studies with High Intensity Resistance Training (HIRT), Cross Fit, Boot Camp and Boxing for Fitness (Thump).

There is plenty of variety to suit your training needs. Whether it be Boxing classes, Bootcamp (indoor and outdoor), Group Personal Training and Personal Training.

Fitness sessions and classes concentrate on strength and conditioning, toning, cardio, circuit, speed and agility training and boxing technique.

Classes	Mon	Wed	Thurs	Sun
AM Session				9am
PM Session	6 & 7pm	6 & 7pm	6 & 7pm	

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