



The Big 5 Challenge

Run Cycle Cardio Wave Recline Arm Ergo

Chose your discipline and join us for the big 5 marathon session. 5 hours of endurance training in a fun and relaxed environment.

Sunday 19 April 2009

5am - 10am (Upstairs in the cardio room)

Coffee & Refreshments provided

For more details speak to Wayde

Raising funds for Thusananga Home Based Care Association

