

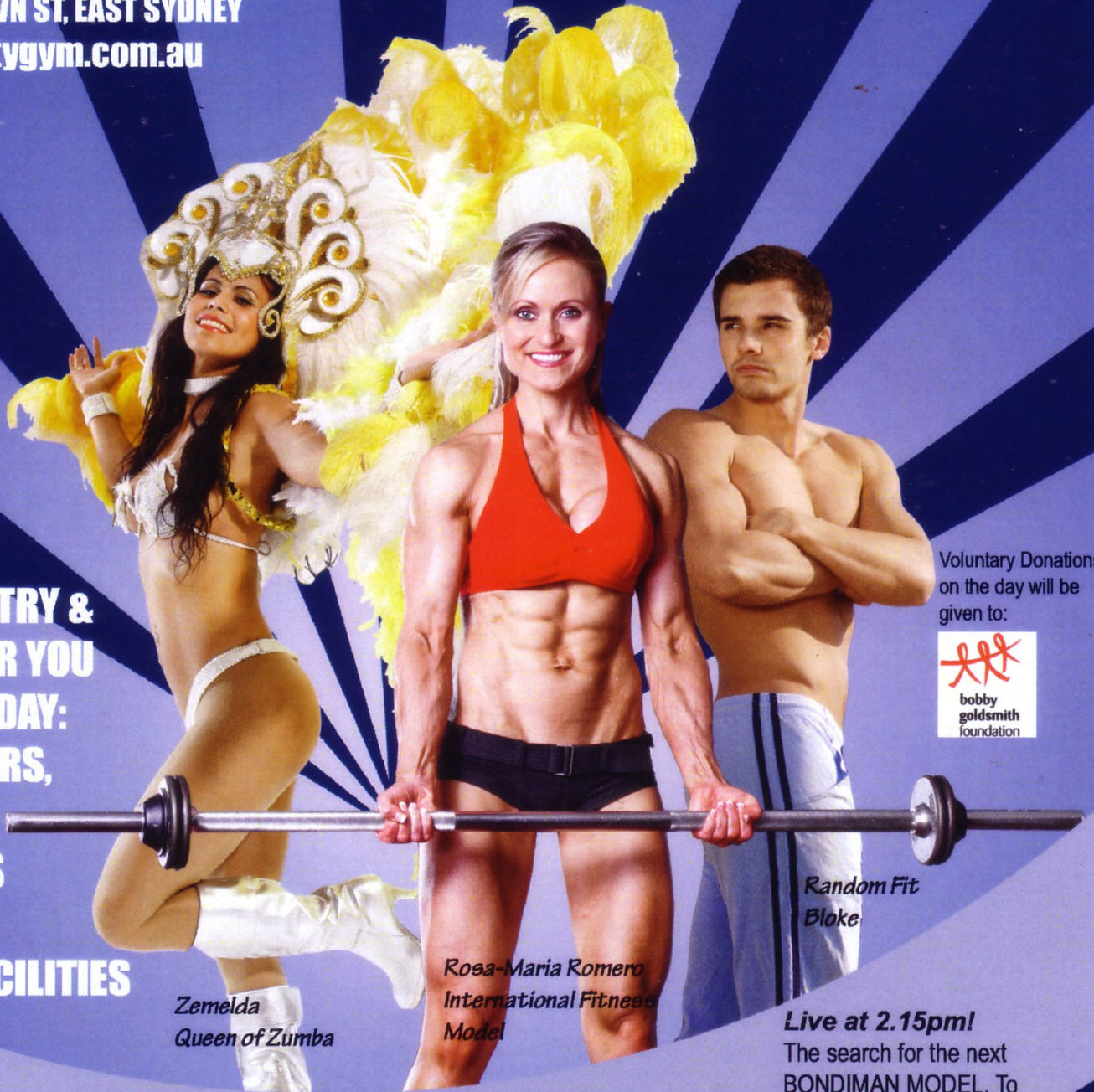


OPEN DAY

SATURDAY MAY 29TH, NOON - 5PM

107 CROWN ST, EAST SYDNEY

www.citygym.com.au



**FREE ENTRY &
FREE FOR YOU
ON THE DAY:
SEMINARS,
GROUP
FITNESS
& ALL
GYM FACILITIES**

*Zemelda
Queen of Zumba*

*Rosa-Maria Romero
International Fitness
Model*

*Random Fit
Bloke*

Voluntary Donations
on the day will be
given to:



Free in Studio 1:

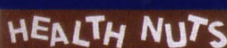
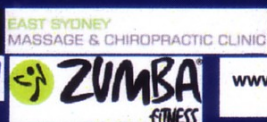
- 12PM BOXING CIRCUIT
- 12.30PM BODYATTACK
- 1PM INDOOR CYCLE
- 1.30PM ZUMBA

Live at 2.15pm!

The search for the next
BONDIMAN MODEL. To
be a contestant tel
Justin 9360 6247

Free seminars in Studio 2

- 12 NOON Feet hurt? Expert podiatrist Haydar Ozcan talks foot care and foot wear. Prevention & cure!
- 1PM Back Care Seminar. Helpful tips from the East Sydney Massage & Chiropractic Clinic
- 2PM How to get big! Practical advice on supplementing your food by the guys from ASN
- 3PM How to lose weight. Personal Trainer John Reidy shares his expertise in the area of diet & weight loss



www.william-sfashion.com
THE SOS SHOP - 0411 242806

