



## **ABS<sup>2</sup>** [Agility Boxing Speed and Strength]

**Kickoff the new year on the right foot...**

If you are **serious** about your **health** and want to be in **great shape** in the **New Year**, here is your chance.

Elevation Performance is offering you the opportunity to get into the **best shape of your life** by taking part in it Abs<sup>2</sup> Group fitness training program.

### **What is ABS<sup>2</sup>?**

**ABS<sup>2</sup>** is a **1 hour group training** session combines all the skills of

**boxing, agility, quickness** with **strength training** for **increases** in **muscle tone, fat burning, core strengthening** and **flexibility**.

### **ABS<sup>2</sup> 8 week Training Special**

**Where:** Various locations in South Yarra & Prahran

**When:** 6am Tuesday, Thursday & Fridays Kicking off Mon 16<sup>th</sup> of Jan

**Cost:** \$600 (Amazing value \$25 per session)

For more info contact:

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