



# ACTION

SPORT AEROBICS | FITNESS | DANCE

# JOIN US IN 2018

JOIN OUR  
ACTION SPORT  
FAMILY  
TODAY!

SPORT AEROBICS IS A FAST PACED  
PERFORMANCE SPORT COMBINING STRENGTH  
FLEXIBILITY & FITNESS ALL PERFORMED  
TO MUSIC WITH FAST PACED CHOREOGRAPHY!

WE OFFER CLASSES ACROSS ALL AGE GROUPS  
AND ABILITY LEVELS FROM RECREATIONAL  
CLASSES TO INTERNATIONAL ELITE ATHLETES!

**SIGN UP FOR OUR FREE CLASSES FROM  
MONDAY 23RD OCTOBER - FRIDAY 3RD NOVEMBER**  
**TRYOUTS FOR ALL COMPETITION ATHLETES**  
**Langwarrin - 8th / 9th November**  
**Mount Waverley - 13th November**

**TO REGISTER FOR FREE CLASSES OR MORE INFO ON TRYOUTS**