



RUNYAWAY FITNESS provides students with a range of classes to maximise their health and fitness levels in a safe, productive and exciting way.

Students progress through a 10-week program where our qualified coaches will guide them through safe and effective group exercise sessions that are designed for all levels of fitness and can be adapted to everyone's physical capabilities.



For further enquiries, please call:

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**HIGH SCHOOL
FITNESS PROGRAM**

Contemporary Hip-Hop
Boxing
Taekwondo

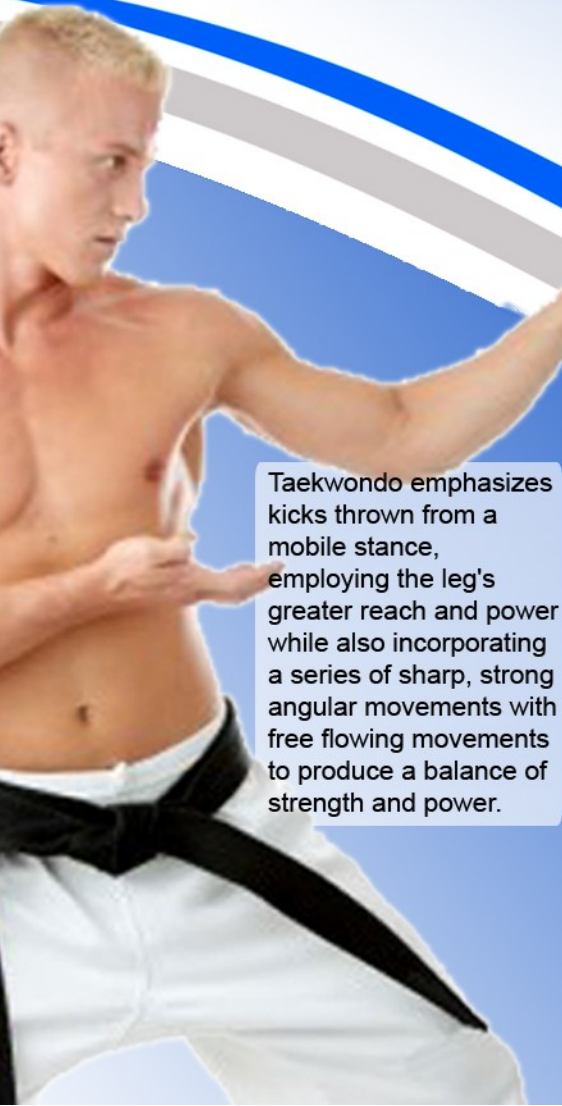
BOXING



DANCE

CONTEMPORARY HIP HOP

TAEKWONDO



Taekwondo is a Korean martial art translated as 'the way of using the foot and fist'.

Our classes combine combat techniques with self-defense, exercise, meditation and philosophy as it teaches both discipline and physical fitness.

Taekwondo emphasizes kicks thrown from a mobile stance, employing the leg's greater reach and power while also incorporating a series of sharp, strong angular movements with free flowing movements to produce a balance of strength and power.

We run a variety of Boxing and Kickboxing classes designed to improve the lifestyle of students through weight loss, muscle tone, increased fitness and confidence.

Runyaway boxing and kickboxing classes are a great way to improve physical health and fitness whilst contributing to weight loss and overall body strength. This leads to less stress on the mind and body which will benefit all students.

The Runyaway dance program highlights the importance of fitness through dance as the techniques involve the development of physical skills as such as body control, co-ordination, balance and flexibility.

Our qualified teachers are dedicated and passionate to present dance as a creative, self-expression that benefits their health and fitness. The program is designed to be progressive, safe and fun! It caters to all ages and can be adapted to suit any individual needs that students may have.