

*With a wide range of classes
and programs we are equipped
with the latest facilities and
equipment to facilitate up to
100 students*

RUNYAWAY FITNESS is an upcoming fitness club run by certified exercise sports scientists, physiologists, nutritionist & dieticians, massage therapists, fitness instructors and personal trainers.



For further enquiries, please call:

(02) 9750 9495

1-5 Breust Place
Punchbowl NSW 2196

Our staff are highly motivated with years of experience in the industry. We guarantee to provide you with the utmost level of professional and friendly services.

www.runyaway.com.au



**HIGH SCHOOL
FITNESS PROGRAM**

Book now for your students to
kick start their fitness in 2010!*

*Limited places.



Specializing in free Weights, Kickboxing, Personal Training, Variable Resistance, Cardiovascular, and Group Cycling, we offer professional instruction in effective, well-balanced and enjoyable workouts which focus on strength gain, aerobic conditioning, weight loss and increasing energy levels.

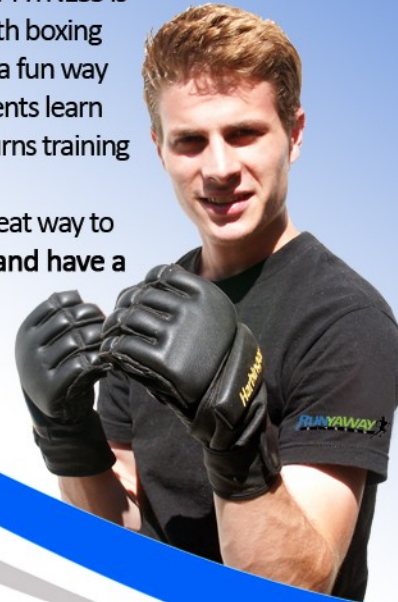


RUNYAWAY FITNESS offers a wide range of different machines and free weights targeting all muscle groups of the body. A variety of bars, machines, cables, and benches are available for student's use.



Boxing

A key to overall fitness we provide here at RUNYAWAY FITNESS is boxing. We supply you with boxing gloves and focus pads for a fun way to approach fitness. Students learn team work as they take turns training one another while under supervision. Boxing is a great way to get the heart rate going and have a full body work out.



Weight training Circuit

Put your students through the challenge and our qualified instructors will have a prepared circuit for them focusing on weight training. This will definitely target each student's strength ability and muscular endurance. The benefit of this circuit is that each student can work as hard they individually can handle, so there's no excuse!



Fitness Classes

RUNYAWAY FITNESS offers fitness classes that strive to improve all aspects of fitness for your students. These include aerobics, abs and circuit classes.



Spin Class

Take your students on a wild ride as we engage them in an ecstatic cycling class. Our qualified instructors will take them on a different adventure every time that will definitely challenge their aerobic capacity. All spin classes are conducted in our very own spin room that caters up to 13 students per class and vary in duration. ***This class will absolutely take you out in a spin!***

Women's only

For the women who don't feel comfortable training with men, we also provide a room dedicated for you! With state of the art technology exclusive to the ladies, RUNYAWAY FITNESS gives you the option to train separate from the males. The ladies are offered to take part in a circuit training class emphasizing on overall fitness gains.