

Adult Fitness Classes

These fitness classes are specially designed for Adults. We have a range of activities available and can accommodate participants of all abilities. Get your organisation fit and healthy today!

We Come To You!

Get fit and have fun with our qualified and experienced trainers!

We come to your school, council, company, community group or other organisation.

Take your mind off the job with Proactivity Adult Fitness Classes - affordable, convenient, fun-filled, upbeat and social.



**FUN &
UNIQUE**
ACTIVITIES AVAILABLE

- Zumba
- Aerobics
- Boxercise/Fitness Fun
- .. and more!

Classes are delivered as 7 week programs, in 1 hour sessions.

SPECIAL Introductory offer:

10+ participants - \$10 per person/session

15+ participants - \$7 per person/session

Contact us today for further information!



For further information visit our website:

www.proactivity.com.au

