



YOUR PRIVATE  
**24 HOUR**  
GYM IN SYLVANIA

The all inclusive 24/7 gym specifically designed  
for the 40 plus age demographic.

All-inclusive 'Foundation' memberships  
now available starting from \$15 per week

All memberships include the following classes:

- Yoga
- Pilates
- Spin
- Boxing
- Running
- Cross Training



Strictly limited numbers ensures your comfort and privacy.



**THE WAY A GYM SHOULD BE**

[www.oxygenlifestyleandfitness.com.au](http://www.oxygenlifestyleandfitness.com.au)

# Our special introductory offer ensures all new members receive:

- Monthly **InBody** Body Scan to assess overall health
- 3 x FREE personal training sessions with one of our professional and mature aged trainers
- Monthly programs to keep you motivated
- Access to our unique 'Virtual PT' and 'Accountability' program



 **Oxygen** 

*The way a gym  
should be*

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**WINNER**



**Leader**

2010  
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SHIRE BUSINESS  
AWARDS