

**NEW JUNIOR AND SENIOR FITNESS GROUPS
OFFERING
MOTORCROSS SPECIFIC STRENGTH AND
CONDITIONING
WITH OLYMPIC ATHLETE AND PERSONAL TRAINER
NICK AHERN,**

**ALL JUNIORS FROM ACT MCC
WILL RECIEVE THEIR
FIRST SESSION FREE**

Group XTraining Sessions

Junior Group

When: Tuesdays 4.00 pm and Thursdays 4.00 pm
Where: Wright Park, Queanbeyan with Nick A'Hern
Duration: Each session will go for approx 60 minutes
Cost: \$15 per session

Senior Group

When: Tuesdays 5.15 pm and Thursdays 5.15 pm
Where: Wright Park, Queanbeyan with Nick A'Hern
Duration: Each session will go for approx 60 minutes
Cost: \$20 per session

Cardiovascular and strength endurance session's tailored to the level of each participant.

Progressive improvements though increased endurance, strength and flexibility.

A proven was to improve sports performance.

Weekly programs will take into account race schedules and periodised programs for upcoming MX and SX events.

AXT proudly supporting Lawson Bopping



For more information or to secure your booking:
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