



**BE PART OF NORWOOD'S NEW AND EXCITING HEALTH AND FITNESS LOCATION, ON THE PARADE AT COOPERS STADIUM.**

Our new studio is managed by Norwood Football Club Fitness coach; Chad McLaren, utilising current Norwood Football Club players qualified in Personal Training as Fitness Trainers. All revenue will go straight back into the Norwood Football Club.

At the **NORWOOD FITNESS STUDIO** we are conducting group (2-6 people) or 1 on 1 personal training.

We utilise many different methods within the studio, using the type of training which is perfect for your health and fitness goals. You will be achieving those goals right where Norwood players are required to do their training.

Located on The Parade, and close to the city **NORWOOD FITNESS STUDIO** at Coopers Stadium is easily accessible.

We have created a very friendly and comfortable atmosphere, with **no gym membership fees**, you only pay for the training itself.

Complimentary use of parking and showering facilities.

Great opportunity for intimate corporate training groups, where participants work hard together, then take that energy and focus to the workplace!

**NORWOOD FITNESS STUDIO | COOPERS STADIUM**

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