



**Be part of Norwood's only specific group fitness training location on The Parade**

The Norwood Fitness Studio has been established by the Norwood Football Club to offer a community owned health and fitness facility for Norwood at Coopers Stadium. We conduct group fitness training of between 3-6 people, where you are not required to pay for anything except for the training, with no membership fees.

We use a wide variety of sources in our fitness programming, from AFL and elite sport training methods, Army Special Forces training to physiotherapy Pilates techniques. We mix together the many different training methods and develop challenging and fun sessions.

The Norwood Fitness Studio is managed by Norwood Football Club Strength and Conditioning coach; Chad McLaren.

Located on The Parade and close to the city NORWOOD FITNESS STUDIO is easily accessible, with ample parking space and bus stops directly out the front door. Male and female shower facilities are available for those who want to exercise before work or study.

We have created a very friendly and comfortable atmosphere to train where no one is made to feel intimidated or self conscious.

It is a great opportunity for local business to conduct group fitness training, where teammates work hard together, then take that energy and focus back to the workplace.

Get fit and enjoy an active, healthy lifestyle today! Get a group of friends together or join one of our existing groups and make some new friends for life!

Please take advantage of our **introductory special for new clients** - 3 x 45 min group training session for just \$49 per person.

For more information please contact Chad McLaren on 0409 691 497.

We hope to see at Coopers Stadium soon!

**Norwood Fitness Studio | Coopers Stadium**

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