

**Peak health and fitness starts here.....**



**AQUATHON 2010 ENTRANTS**

**FANTASTIC OFFER!!!!**

**50% OFF**

Either....

- Initial Health & Fitness Screen
- Personal Training Session
- Sports Fit 'Functional strength' session

# **Nutrition, Exercise & Lifestyle Studio**

Altitude Health and Fitness

- Exercise Physiologists
- Expert Personal Trainers
- Dietitian / Nutritionist
- Functional strength—sports & performance
- Individual—buddy—small group
- Sports Health Conditions
- Studio gym + outdoor exercise
- Friendly, professional and personal

Altitude Health and Fitness

Studio Location

149 Princes Hwy  
Fairy Meadow  
(rear of Your Smile Team  
Orthodontics)

CONTACTS

P: 0413 862676  
info@altitudehealth.com.au

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

**Reach your peak today.....**

