

Outdoor Fitness Circuit (course code: OFC25)

Feel stronger, move better and enjoy the experience.

Join us for outdoor strength and flexibility sessions.

The program is designed to improve overall fitness through a rotating circuit of 10 - 12 stations, offering a full-body work out in just 10 - 20 minutes.

Participants work at their own pace and ability, making its suitable for all fitness levels. It's easy to start gently and gradually build up over time. The supportive, small-group environment adds a fun and social element to the sessions. The area features a padded surface for comfort and nearby parking for convenience.

The course will run on "Dry" Sundays between 2.00 and 2.30pm.

As sessions are held outdoors, they are weather dependent. Updates and confirmations will be provided in advance if conditions change. Feel stronger, move better and enjoy the experience.

Sunday: Weekly 2.00 - 2.30pm
 (Weather Dependent)
 Leader: Dru Troon 0438 625 221

Leader Drusilla Troon
HealesvilleHS Outdoor Gym located next to Car Park of Swimming Pool 10
Camerons Rd, Healesville 377