



PUSH_CITY TO BAY

Isn't it time to get Toned, feel Proud, and be Healthier?
Start Now and get Support, Encouragement and Training Advice with small group training with walking and running programs to suit all ages and fitness levels.
Also register with the Viva Team and receive registration, A Viva T-shirt, gourmet breakfast and bus trip there and back.



www.vivafitness.com.au



[THE RIGHT BUTTON]

PUSH_Training Systems