

Programs at Madill's Farm Reserve Clubhouse

Get fit and improve energy – Look and feel better

Pilates

(Hips and Core)



Group Fitness



Gain Flexibility, Endurance, Strength, Fitness, Reduce Weight & Injuries, Socialize

Organizer: Dejan Kuzmić (Personal Trainer - Massage Therapist)

Rep's (Register of Exercise Professionals New Zealand) registered.

E-mail: kohifitness@vodafone.co.nz - Mob: 027 6966 453

Pilates and Group Fitness

Location: Madills Farm Reserve Clubhouse

Times available: Monday to Friday between 6am to 10am. (Evenings upon request)

Price: \$20.00 per class per person



The Register of Exercise Professionals sets the standard for exercise professionals and facilities in New Zealand