

LIFESTYLE + FITNESS MANAGEMENT  
**Oxygen**  
introduces



# OXY-KIDS

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



## KEEPING KIDS ACTIVE!

**OXY-KID** is an exciting and fun focused express fitness class just for kids.

Catering for 3-12 years olds of all fitness levels, **OXY-KID** is conducted by a qualified and professional trainer and is a great way to keep your child active.

The **OXY-KID** program is held in an air-conditioned and private studio during family-friendly times (three days per week) on state of the art junior exercise equipment (EN 71 compliant).

**OXY-KID** runs in conjunction with an adult express circuit class so whilst your children are working on their fitness, so can you.

Call now to confirm your attendance as numbers are strictly limited.

**OXY-KID** – LEADING THE FIGHT IN CHILDHOOD INACTIVITY.



**When:** Monday 9:30am & 4pm  
Wednesday 9:30am & 4pm  
Friday 9:30am & 4pm

**Where:** Oxygen Studio, 3/167 Port Hacking Rd, Miranda NSW 2228

**Cost:** Adult/Children: 1 person \$20  
2 or more \$30  
Multipass (20 sessions) \$300

Note: Parents *do not* have to participate in corresponding class.

Bookings essential

**Oxygen Lifestyle + Fitness Management**

3/167 Port Hacking Road Miranda

Ph. 9522 2966

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