Boot Camp now at Fairfield Park Obstacle Course

Boot Camp offers you a new and exciting way to lose weight, get fit, tone up, get stronger and have fun in a group environment.

Fairfield Leisure Centre
fairfieldcityleisurecentres.com.au

t: 9754 2078
Fairfield Park Obstacle Course has more than a dozen elements designed to challenge fitness, strength, balance and concentration.

Test your cardiovascular fitness with the tough tyre hill climb, followed up with timber sleeper steps, rope climbs and balance beams to strengthen your core.

The three-metre high bell climb element of the course is great for those who want to work on their upper strength. This feature is a combination of rope and steel with three bells across the top bar to ring once the climber reaches the top.

The course also includes balance beams, hurdles, rope crossing and monkey bars.

The treetop walk features platforms and a rope bridge crossing area. Completing the treetop walk are two 20 metre flying foxes to take you back to the ground.

Weekly Schedule

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Attend as many of the seven sessions as you like per week. Suitable for all levels of fitness. Must be 15 years and over.

Pricing

Member casual rate $10
Non-Member casual rate $15

Unlimited sessions (Direct Debit)
Member - $30 per fortnight (minimum six weeks - two weeks notice to cancel)
Non-Member - $55 per fortnight (minimum six weeks - two weeks notice to cancel)

Unlimited sessions (Up-Front)
Member - $65 per four (4) weeks
Non-Member - $115 per four (4) weeks