

GROUP TRAINING DETAILS



Join by yourself or with friends Group Training is for everyone!
You do not need to be getting married to benefit from this fabulous form of exercise!

Group Training programs provides all the benefits and intensity of a personal training session combined with the motivation of working out in a supportive group environment.

When/ Where?

Monday "Boxing & Balance":

6.00pm meeting on the first grassed area on Fraser's Ave. Ample parking available.

Wednesday "Women's Only Sessions":

7.00pm rotating between Lake Monger, Carine Open Space, Scarborough Beach & Kings Park.

Thursday "Mum's & Moppets":

9.30am meeting at Yokine Reserve - Mum and Child pram workout.

Saturday "Bride's, Babes & Blokes" Group Training:

8.00am meeting at DNA Tower, Kings Park [Click Here](#)

Packages and Prices*:

Runaway Brides offer a variety of packages to suit everyone starting from as low as \$15 per session*

* based on a 36 session package

VIP Card: Reach 50 sessions and you will receive a 15% off VIP Card valid for all Group Training Packages.

CONTACT US TODAY TO BOOK YOUR FREE TRIAL SESSION!