

# BHLC

Burleigh Heads Language College

# TIME TO GET FIT

## FUNCTIONAL TRAINING

- 1.- GET CONFIDENT IN YOUR OWN ABILITIES
- 2.- EXTEND LIFE EXPECTANCY
- 3.- RAISE QUALITY OF LIFE
- 4.- LOOK AND FEEL BETTER, DRESSED OR NOT
- 5.- BE IN A BETTER MOOD
- 6.- HAVE A STRESS-FREE LIFE
- 7.- BE MORE PRODUCTIVE
- 8.- DISCOVER WHO YOU ARE
- 9.- BECOME HARDER TO KILL

**EVERY WEDNESDAY**

**meeting point BHLC 2:00 pm**

WITH

**JOSE MOSQUEIRA**

