



FREE fitness sessions at Newhaven

ALL WELCOME!

Stockland are pleased to announce a new partnership with Live Life Get Active to offer FREE daily outdoor fitness sessions commencing on Monday October 12 at 6.30am at Newhaven.

Mondays & Wednesdays - 6.30am to 7.15am - X-Training

Tuesdays & Thursdays - 6.30am to 7.15am - Boxing

Fridays - 6.30am to 7.15am - Yoga

All classes will be held at the park on Exchange Avenue (off Nicholson Road), Harrisdale.

Register for the 'Harrisdale' sessions via the website: livelifegetactive.com/sign-up/register-now/



Stockland
it's your place

newhaven 

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