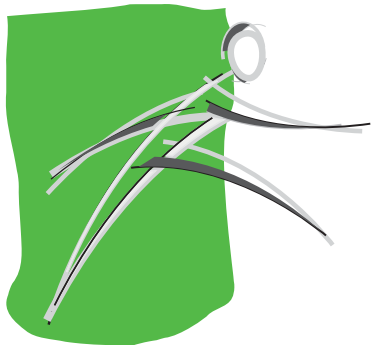


Grand opening October 2009

Adelaide Fitness Solutions (AFS) is a new **Fitness and Lifestyle Club** owned and operated by Adelaide Crows player and sports scientist **Brett Burton** and exercise specialist **Dr Kevin Norton**. AFS will open to the public for business as part of the Adelaide Crows new state of the art Training Facility.



**Adelaide
Fitness
Solutions**
you're in great hands



**Grand
Public Opening
Sunday
25th October
12-4pm**

Adelaide Fitness Solutions FITNESS AND LIFESTYLE CLUB

Group Fitness Facility (2000sqm)

Indoor sports and games
Fitness classes eg: boxing, pump

AFS Main Gym

Cardio and strength equipment
Personal training, Circuit training

Swimming Pool

2 lane, 25m pool

Weight Training area

Free and machine weights

Other Services

Exercise physiology clinic
Weight management programs
Health age assessments
Athlete testing
Nutritionist

Selection Table Café

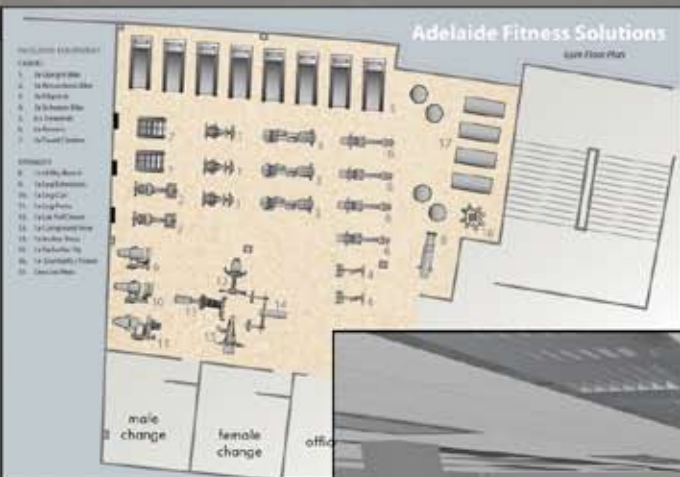
Set and achieve realistic goals that will improve your physical performance, health and energy levels using the best staff, facilities and programs.

Limited memberships available.

25% pre-opening discount

Call (08) 8243 0433 to secure your membership today.

www.adelaidefs.com.au



AFS Membership Categories:

- off-peak member [9 - 5 M-F]
- club member [6 am - 8.30 pm M-F ; 7 - 12 Sat]
- lifestyle member

Other Services:

- health and performance checks
- personal training
- latest exercise programs
- group fitness sessions
- monthly weight management interventions
- qualified and experienced staff
- exercise physiology clinics for GP referrals

Plus:

- the best fitness equipment
- spacious training areas
- personalised service
- easy parking
- other health services on-site [physiotherapy & podiatry]
- pleasant views & cafe