

Abs, Butts and Thighs Training - Crestmead [1]

Description

Activity Type: [Recreation](#) [2] [Gym/Fitness](#) [3] State and Region: [QLD](#) [4] [Logan](#) [5]

Group fitness class.

Please wear suitable gym shoes and comfortable clothing.

Please bring a towel and water bottle.

Details

Venue: Logan Metro Sports and Events Centre Address: 357 Browns Plains Road Suburb: Crestmead
Time: 9:15am - 10:15am Schedule: Thursdays Cost: \$3 - \$5.50

Contact Information

Agency: Reclink Contact: Andrew Curtis Phone: 0413 474 778 Email: andrew.curtis@reclink.org [6]

Further Information

Booking required

Source URL: <https://www.reclink.org/programs/reclink-national-program/abs-butts-and-thighs-training-crestmead>

Links

[1] <https://www.reclink.org/programs/reclink-national-program/abs-butts-and-thighs-training-crestmead>

[2] <https://www.reclink.org/activities/recreation>

[3] <https://www.reclink.org/activities/gymfitness>

[4] <https://www.reclink.org/state-region/qld>

[5] <https://www.reclink.org/state-region/logan>

[6] <mailto:andrew.curtis@relink.org>