

Pssst.... have you heard?

Forestdale now has a Personal Training studio. **Pure Heart Fitness** is here to support the residents of Forestdale and surrounding suburbs to shape up and get control back of their lives.

We invite you to come and check us out. We are located at Shop 1 in the Forestdale Shops on the corner of Johnson Rd and Forestdale Dve.

Pure Heart Fitness welcomes all residents to our Open Day on Saturday 27th July 2013 from 10am to 2pm. Supply your name and go in the draw to win a FREE body energy analysis with "The Clinic".

Do you:

- Want to tone up before spring?
- Have health challenges that prevent you from feeling 100%?
- Need to loose a few kilos?
- Or just want to be fitter?

STOP thinking about it... **Just Start... it's NEVER too late!!!**



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