Joining a new Gym

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Jo and I are joining a new gym in Narrabundah - it's located just next to the Golf Driving range down Hindmarsh drive. Prices are pretty reasonable, they off all of the Les Mills fitness classes, have a good range of exercise equipment and provide complimentary breakfast!

In addition, there is heaps of parking, they have a cafe, massage therapist and solarium (these obviously cost extra). The gym looks terrific, clean and well presented, their website is absolutely shocking - but I guess they are in the business of fitness and not software engineering.

http://www.alivestudio.com.au/

If you take a look at their website, you can get a free one week trial membership.

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