



Lads & Dads

Mums & Sons

BOOTCAMP



A wellbeing initiative and opportunity for parents and their Sons to train together through a combination of weight and aerobic fitness training under the instruction of the St Pius X PE Staff.

- Where:** St Pius X Sarto Gym
(Corner of Anderson Street and Wattle Lane, Chatswood)
- Duration:** 8 weeks
- When:** Tuesday Mornings during Term 1
(Commencing on Tuesday 13th February – Week 3 until Week 10)
- Time:** 7:30am - 8:15am
(Arrive at 7:15am)
- What to Bring:** Comfortable Training Clothes, Drink Bottle and Towel
- Interested?** Please contact Mr Lynch to register your interest –
Jlynch@stpiusx.nsw.edu.au