



Rawology Health and Fitness of 50 Marsh St is having an OPEN DAY free to the public on Saturday 4th of March starting at 9am – 2pm. The day is aimed at inviting the public to come and try some of the Group Fitness Classes that are available at Rawology for any age and fitness level. Guest P.T. and Systema/Natural movement Coach Luke Hobbs of Jimboomba Physiotherapy Centre will also be there to go through Natural Movement and Systemic type of training all based on Re-Conditioning and Natural Movement for Joint, Tendon, and Ligament strengthening in a friendly environment. He will show us all how Fitness varies from LIFE FIT compared to GYM FIT. Head Systema Coach Peter Aftanas from Sydney will be here at Rawology for a 2 day intensive Natural movement and Systema Seminar on April 29th and 30th.

Melissa Miller Owner and Personal Trainer at Rawology will be running short classes from her timetable to showcase what she offers. She has many classes from Pilates, Punchfit, kettlebells, Kids classes, Weights and aerobics, Cardio and Interval style classes. Melissa is also a Qualified Chef who will be utilising her culinary trade to her business in the near future with offering healthy treats in the gym and offering cooking classes/workshops. Rawology is also the only child friendly gym in town offering mum and kids Pilates classes and children always welcome to classes with a large kids room in the gym to keep them occupied while parents workout. If you are interested in attending a class or just want to come down for a look please feel free to turn up to a Free class on the day and meet Melissa.

Timetable for the day:

9-9.30am - Pilates (children welcome) in the gym

10-10.45am - Kids fitness class (prep to grade 6) outside in the park

11-11.30am - Kettlebell's (in the gym)

11.30-12.00pm - Punchfit (in the park)

12-12.30pm - Body weight HIIT (in the park)

9am – 2 pm Luke with Systema in the park

Please feel free to contact Melissa via her Facebook page Rawology Health and Fitness with any enquiries and details. Look forward to meeting lots of new friendly faces. Melissa.