



WELCOME to FitComm North Shore

Community-based and focussed fitness session offered to all ages and abilities.

An opportunity for fun and friendship and looking after our health through exercising together.

Join in to the level you are comfortable or go hard out as your fitness and ability improves. We are there to encourage each other.

Venue: Albany Primary School, 6 Bass Road, Albany, Auckland

Outdoors on the field during summer, (under cover if wet)

Winter location to be determined

Session Times:

Tuesday & Thursday 5:30 pm – 6:30 pm

Saturday 7 am – 8 am

Free and open to all ages and abilities

Equivalent of a gold coin donation per session would be appreciated to assist with equipment and possible winter venue costs. Donations identifiable by name qualify for a Tax Credit receipt.

*Direct Credits can be made to: **FitComm North Shore 06-0294-0226565-00***

Contacts: Uwe Balzat 021 493 893

FitComm – NZ Community Fitness Trust

NZ Charities Register No CC 50566