

SUP Fitness works

You will alternate between SUP and bootcamp exercises over the 60 minute session. Generally you will spend half of your time on a SUP and half bootcamp.

SUP exercises include actual Stand Up PaddleBoarding and also using the SUP as a weight plus more!

Bootcamp exercises include a combination of weights, cardio, toning and core work.

By mixing up the sessions between bootcamp and SUP it ensures you get a fun, exciting full body workout. Each session is different so you never get bored!

You will receive TRAINING on a SUP prior to your first session.

BASIC SUP TRAINING provided.

Over 25 years combined experience in SUP and Fitness training.

\$20 per session.

For class times and bookings visit

www.sup-fitness.com.au

SUP fit located next to the Elwood Lifesaving Club

