

# CORPORATE CONDITIONING @ AAMI PARK

The complete training solution for busy professionals

Train exclusively at Melbourne's  
world renowned AAMI PARK  
sporting complex, minutes from the CBD

Sessions include:

- Myofascial Release
- Static Stretching
- Dynamic Warm-up
- Functional Strength Training
- Performance Conditioning
- Active Cool Down / Recovery

8 week program cost - \$595

- Plus FREE foam roller



03 9421 4000

[essperformance.com.au/conditioning](http://essperformance.com.au/conditioning)

The AAMI Park logo, featuring a stylized geometric dome structure above the text "AAMI Park".

AAMI  
Park

