

FAIRFIELD CITY LEISURE CENTRE BOOT CAMPS AND PERSONAL TRAINING

Fairfield City Council is further supporting the health and fitness of locals during COVID-19 restrictions with the introduction of boot camps and personal training sessions through our Fairfield City Leisure Centres.

From Wednesday, 27 May and continuing every Monday, Wednesday and Friday, Fairfield City Leisure Centres will hold boot camp and personal training sessions at the Fairfield Showground festival arena.

These affordable and enjoyable sessions will cost just \$5 per participant, with one-hour sessions at 7.30am, 9.30am, 11am and 4pm.

Fairfield City Mayor Frank Carbone said as restrictions around outdoor activities and group gatherings ease, he is excited to be able to offer residents the opportunity to participate in group fitness activities again.

“I understand that it hasn’t been fun being isolated and maintaining social distancing, and exercise is much more enjoyable when we can join in with others,” Mayor Carbone said.

“Your hard work over the last few months has meant that we can now begin offering small group exercise programs, boot camps and one-on-one training sessions to the community.

“These sessions will be a fun, affordable way to get fit in a safe environment with professional and experienced trainers from our leisure centres.”

Checks will be conducted on participants before the start of each session and anyone displaying flu-like symptoms will be sent home. Equipment will be sanitised before and after each session.

Bookings must be prepaid and can be paid individually or in blocks by calling Prairiewood Leisure Centre 9725 0337.

All other Leisure Centres programs are currently closed during COVID-19 restrictions. Council will continue to update the community on changes to its services as and when changes occur on social media and its website. For a full list of changes, visit www.fairfieldcity.nsw.gov.au/coronavirus.



Frank Carbone
Mayor of Fairfield City