

PCRG (Pat Carroll) and SBF (Sally Brouwer)  
are proud to present:

## "Corefit"



[about Pat](#)



[about Sal](#)

Commencing Wednesday 6th Feb, & every Wednesday thereafter

Corefit is an outdoor fitness session that will be conducted at various locations throughout Brisbane City (Botanical gardens, Roma St Parklands, West End etc). Corefit will "always" depart from The Ship Inn (South Bank end of the Goodwill Foot Bridge) between 5.30am and 5.40am.

Warm up will involve a 15min light run to Corefit venue (eg; Botanical Gardens) followed by 25min mixture of core and high intensity training. Corefit will conclude with a light run back to The Ship Inn – arriving between 6.40am and 6.50am. Refreshments provided.

If need be you're welcome to leave your bag in the PCRGMOBILE which will be parked just next to where Corefit meets.

Cost: \$10

PCRG members can use a PCRG credit