



metafit.™ @ HUDSON INSTITUTE

GET METAFIT AND SUPPORT CANCER RESEARCH

Metafit is a high-intensity workout (interval style training, ~20 minutes) designed to keep your body burning calories long after your training session is complete. Designed by a former marine, it's a great way to test yourself physically and mentally.

Daniel Wilson (photo) introduced **Metafit** to Australia in 2013, and sadly in May this year succumbed to a brief battle with stomach cancer, aged only 37. He trained, mentored and inspired thousands around the world, and we are now keeping his legacy alive by raising funds for stomach cancer research at **Hudson Institute of Medical Research**.

EVENT DETAILS



Friday, 30 August 2019



12.30pm



Healthwise Gym
Level 1, Block D
Monash Medical Centre
246 Clayton Road, Clayton

REGISTRATION

Closes 5pm

Wednesday, 21 August 2019

<https://www.trybooking.com/BEBEE>

ENTRY FEE

\$15 for the session (cash only)

100% of your entry fee will help fund stomach cancer research.

Donations to support this vital research are also welcome. Donations of \$2 or more are tax deductible.

Thanks to Dan Scanlon and Brooke Alexander of Metafit for facilitating this class.